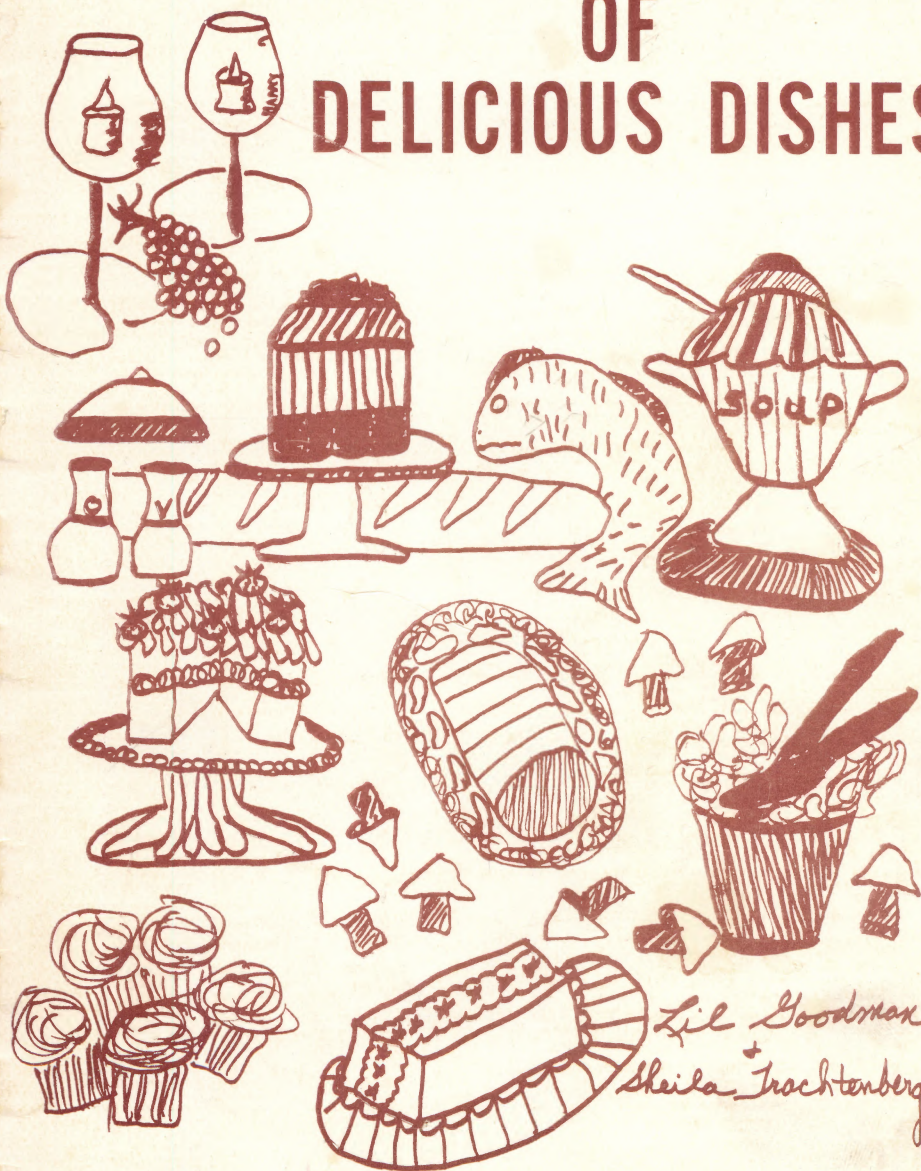


ALL SORTS OF DELICIOUS DISHES



*Lil Goodman
+
Sheila Trachtenberg*

MID-CENTURY CHAPTER
WOMEN'S AMERICAN ORT
Philadelphia, Pennsylvania

PRESIDENT'S MESSAGE

ORT - the Organization for Rehabilitation through Training - is often called the charity to end charity, because it seeks to free people from the need for charity. ORT serves as the vocational education program of the Jewish people, meeting the needs of impoverished people seeking a way of earning a decent living, uprooted people trying to gain skills they can use in their new countries, and young people hoping to complete their education and build their careers - children, teen-agers and adults, former executives and former beggars. ORT operates 650 vocational installations in 22 countries on 5 continents, teaching 70,000 annually. Women's American ORT through its membership dues and activities is the second largest single source of financial support to the world wide ORT program.

The proceeds from this cook book will go to the ORT School of Engineering, now under construction in Jerusalem. The ORT School of Engineering will offer top level courses in chemical mechanical, electronic and nuclear engineering. The school will graduate practical engineers who translate pure engineering concepts into practical engineering processes. Women's American ORT has pledged \$2 million toward its construction.

My special thanks to Joyce Malerman whose hard work has brought to fruition, this beautiful cook book filled with the very best recipes of the members of Mid-Century Chapter of Women's American ORT.

Sandy Fryer

EDITOR'S NOTE

We sincerely hope that this cook book will serve as an encouragement to creative cookery. It is a collection of recipes, compiled with affection, and stimulated by the conviction that there can be pleasure in homemaking.

Perhaps the nicest thing about this book was the willingness of our members to contribute of their time and recipes.

We hope that you will enjoy using this as much as we enjoyed bringing it to you.

If you would like to order additional copies of our book, please send your check for \$5.00 plus 50¢ postage, payable to Mid-Century ORT, to:

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840 Timber Lane
Dresher, Penna. 19025

Joyce Malerman

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Hors d'Oeuvres,

Party and T. V. Snacks



If nature did not give you that
which is yours by right,
Just nibble at these dainties to
give you an appetite.



WEDDING ANNIVERSARIES

First Year	Paper
Second Year	Cotton
Third Year	Linen
Fourth Year	Silk
Fifth Year	Wood
Sixth Year	Iron
Seventh Year	Copper
Eighth Year	Bronze
Ninth Year	Pottery
Tenth Year	Tin
Fifteenth Year	Crystal
Twentieth Year	China
Twenty-Fifth Year	Silver
Thirtieth Year	Pearl
Thirty-Fifth Year	Coral
Fortieth Year	Ruby
Forty-Fifth Year	Sapphire
Fiftieth Year	Gold
Fifty-Fifth Year	Emerald
Seventy-Fifth Year	Diamond

HORS D'OEUVRES, PARTY AND T. V. SNACKS

ESCARGOTS A LA BOURGUIGNONNE

1 c. soft butter	1 clove garlic, finely chopped
1/4 c. finely chopped	2 Tbsp. brandy
parsley	32 canned French snails
2 shallots, finely	32 snail shells
chopped	

Preheat oven to 350 degrees. Combine butter, parsley, shallots, garlic and brandy in a bowl and blend well. Place a snail in each shell and fill the shell with seasoned butter. Place in baking dish and bake for 12 minutes. Serve hot. Makes 8 appetizer servings.

Faith Zipper

OYSTERS ROCKERFELLER

8 oysters in half shell,	salt and pepper
scrubbed and washed	bread crumbs
3/4 c. sour cream	2 Tbsp. butter
3 cloves garlic	1/2 c. chopped spinach
3 Tbsp. grated Swiss	1/2 c. whipped cream
cheese	

Remove oysters from shells. Dry. Mix 1/4 cup of sour cream with 1 clove garlic, salt and pepper. Put teaspoon of this in shell. Place oyster on top of seasoned sour cream. Cover oyster with spinach which has been mixed with remaining sour cream, garlic, salt and pepper. Sprinkle each with cheese, bread crumbs and dot with butter. Place in bottom of broiler pan on a bed of rock salt and brown under broiler. Remove, add 1 tablespoon whipped cream (to glaze) and brown again.

Sheila Trachtenberg

MARINATED SHRIMP

3 lb. cooked shrimp	juice of 1 1/2 lemons
1 pt. Kraft Miracle	1/2 Bermuda onion, cut into
Whip	thin rounds

Mix all of the ingredients together. Put into a jar with a tightly fitting lid. Marinate 24 to 48 hours. Serve in pretty bowl with party pumpernickel.

Bobbi Cohen

SESAME SCALLOPS

1/4 c. butter	black pepper to taste
1 Tbsp. lemon juice	1 lb. scallops
salt to taste	1 oz. sesame seed
	8 slices bacon

Melt the butter and mix with the lemon juice, season with salt and pepper to taste (fresh ground is best). Place scallops in the butter-lemon juice mixture and let set until you are ready for it. Cut the bacon into slices large enough to wrap around the scallops. Wrap the bacon around each scallop. Secure with a toothpick and roll in the sesame seed. Place on a cookie sheet and broil about 5 inches from the heat until the bacon is crisp, about 5 minutes. Serves 6.

SPICY DEEP FRIED SHRIMP

1 1/2 lb. shrimp	1/4 tsp. pepper
1 c. water	1 c. prepared mustard
1/2 c. dry white wine	2 c. fine dry bread crumbs
1 slice lemon	vegetable oil for frying
1/2 tsp. salt	

Place the shrimp, water, wine, lemon slice, salt and pepper in a nonmetal saucepan and bring slowly to a boil. Simmer for 5 minutes. Drain the shrimp and cool sufficiently to handle the shrimp. Peel and devein. Place the mustard in a soup plate; spread the bread crumbs on waxed paper. Dip the shrimp in the mustard, then roll in bread crumbs; be sure to coat them completely. Fill an electric skillet to about 1/2 inch of the rim with the oil. Heat to 375 degrees and add the breaded shrimp, a few at a time, and fry until golden brown. Drain briefly on paper toweling and serve warm. Serves 8 to 10 as an hors d'oeuvre.

Joyce Malerman

POLYNESIAN SHRIMP

2 c. flaked coconut	1/4 c. cornstarch
2 pkg. large raw shrimp	2 c. sifted flour
1/3 c. lemon juice	2 tsp. baking powder
1 1/2 tsp. salt	3/4 c. milk
2 tsp. curry powder	fat for deep frying
1/2 tsp. powdered ginger	

POLYNESIAN SHRIMP (Continued)

Spread the coconut on a baking pan or piece of aluminum foil. Place in a 300 degree oven until delicately browned, about 10 minutes. Shell the shrimp, but do not remove the tail. Slit the back and clean. Drain well. Mix together the lemon juice, salt, curry powder and ginger. Marinate shrimp in the mixture for 3 hours. Drain, reserving the marinade. Toss the shrimp with the cornstarch. Mix together until smooth the flour, baking powder, milk and marinade. Dip the shrimp in the batter, then roll in the coconut. Heat the fat to 375 degrees and fry the shrimp in it until browned, about 5 minutes. Drain well. Serves 6 to 8 as hors d'oeuvres.

Francine Seiden

BAKED CRAB DIP FOR TEN

8 oz. cream cheese	2 Tbsp. finely chopped onion
1 (6 1/2 oz.) can flaked crabmeat	pinch pepper
1/2 tsp. white horse-radish	paprika (sprinkle on top before baking)

Soften cheese. Pour off liquid from crabmeat. Mix everything together and bake for 30 minutes at 350 degrees. Bake in small oven dish, but don't fill completely to top to avoid spilling. This recipe may be doubled easily.

Rochelle Eisenberg

CRAB DIP

1 (8 oz.) pkg. cream cheese, at room temperature	1 can crabmeat (diced clams may be used too)
some onion to taste	green pepper, grated (or a drop of garlic juice)

Mix all ingredients together and serve with crackers.

Debbie Seiden

HOT CHEESE AND CRAB DIP

1 (6-7 1/2 oz.) can crabmeat	1/2 lb. sharp process cheese, sliced
1 stick sharp Cheddar cheese (10 oz.)	1/4 c. butter
	1/2 c. Sauterne

HOT CHEESE AND CRAB DIP (Continued)

Shred the crabmeat. Cut the cheese into small pieces. Combine the cheese in a saucepan with butter and Sauterne. Stir over low heat until the cheese melts. Stir in the crabmeat and continue cooking to heat through. Pour into chafing dish. Serve with Triscuits or fondue forks and French bread.

Sheila Trachtenberg

HOT CHEESE DIP

2 (5 oz.) jars sharp
cheese spread
1 (8 oz.) can minced
clams, not drained

1 Tbsp. chopped green onion
2 Tbsp. chopped green pepper
2 tsp. Worcestershire sauce
1/8 tsp. paprika

Thoroughly mix together all the ingredients. Put in a freezer container or an ovenproof dish. It makes about 2 cups. Wrap, seal, label, date and freeze. Recommended storage time: 2 to 4 weeks.

To use, thaw enough to remove from container or leave in an ovenproof container. Heat in a slow oven, 325 degrees, about 45 minutes. Serve in a chafing dish or casserole over a candle warmer with crackers or cubes of French bread on toothpicks.

Sondra Bank

HOT CHEESE BALLS

1 c. grated sharp
cheese
1/4 c. soft butter
1/2 c. flour

1/8 tsp. cumin, optional
1/8 tsp. cayenne pepper
1/4 tsp. salt
stuffed green olives (small)

Blend the cheese with the butter; stir in flour, cumin, salt and pepper. Blend well. With your fingers, roll 1 teaspoon of dough around each olive to form a ball. Refrigerate or freeze. Bake on an ungreased cookie sheet at 400 degrees for 10 to 15 minutes.

Sandy Fryer

CREAM CHEESE BALL

2 (8 oz.) pkg. cream
cheese
2 c. chopped pecans

1 (8 1/2 oz.) can crushed
pineapple
2 Tbsp. finely chopped onion

CREAM CHEESE BALL (Continued)

1/4 c. finely chopped
green pepper

1/2 Tbsp. Lawry's seasoned
salt

Mix all the ingredients except for 1 cup of the nuts. Pineapple must be drained well. Form a ball and roll in the remaining cup of chopped nuts. Wrap in plastic wrap and refrigerate overnight. Serve with crackers. Good for a large crowd.

Sandy Fryer

CHEDDAR CHEESE BALL

1 lb. grated sharp
cheese

1 onion

4 tsp. Worcestershire sauce

1/4 lb. grated butter

4 tsp. white horseradish

1 green pepper

paprika

Peel and chop or dice onion. Seed and dice green pepper. Blend all ingredients except paprika. Form a ball with your hands. Roll in paprika. Wrap in plastic wrap. Refrigerate overnight. Take out 1 hour before serving. Serve with crackers. Good for a large crowd.

Sandy Fryer

LIPTAUER WITH ACCOMPANIMENTS

1/2 lb. creamed cottage
cheese

paprika for color, optional

2 Tbsp. caraway seed

1 (8 oz.) pkg. cream
cheese, softened

1 medium onion, grated

4 anchovies, crushed

3 Tbsp. soft butter

salt and pepper to taste

Beat all of the ingredients together with a wooden spoon. Pile the Liptauer in the center of a wooden board. Surround the cheese with bibb lettuce cups filled with finely chopped celery, cucumber, radishes and anchovies. Serve with thinly sliced black bread. Each person makes his own combination of cheese and vegetables.

Joyce Malerman

CHEESE PUFFS

1/2 c. butter

1 c. flour

1/2 lb. grated sharp
cheese

3 Tbsp. Lipton onion soup mix

CHEESE PUFFS (Continued)

Blend all of the ingredients well. Form the dough into small balls, about 1 tablespoon each. Refrigerate or freeze. Bake at 375 degrees for 15 minutes on an ungreased cookie sheet.

Sandy Fryer

PARMESAN SQUARES

1 unsliced bread
2 sticks butter

Parmesan cheese

Cut squares from an unsliced bread. I use Pepperidge Farm bread and cut the loaf into 6 slices. I then remove the crusts and cut each of the 6 slices into 9 pieces. Melt the butter. Dip the bread into the butter and then press each square into a bowl of Parmesan cheese. May be frozen unbaked. Place on an ungreased cookie sheet. Bake until golden brown in a 400 degree oven for about 20 minutes.

Sheila Trachtenberg

AUNT IDA'S CHOPPED HERRING

1/2 large onion, chopped
2 stalks celery, diced fine
1 small green pepper,
diced fine
4 grated hard-boiled eggs
2 grated Winesap apples
2 Tbsp. sugar

1 Tbsp. peanut oil
1/3 tsp. black pepper
3 slices rye bread, remove
rind and soak in 1/2 c.
vinegar
2 herrings, matjes or schmaltz
(cleaned and filleted; soak
for several hours)

Combine above ingredients; chop very well until well blended. Serve cold as appetizer or on lettuce leaves as a fish course.

Sandy Fryer

SHRIMP-STUFFED EGGS

6 hard-cooked eggs,
shelled
1 (4 1/2 oz.) can small
shrimp, well drained

1/2 c. mayonnaise or salad
dressing
2 tsp. prepared mustard
1 Tbsp. lemon juice

Cut the eggs in halves lengthwise. Remove yolks

SHRIMP-STUFFED EGGS (Continued)

gently. Sieve yolks into a bowl. Reserve 12 shrimp for garnish. Chop the remaining shrimp very fine. Combine yolks, chopped shrimp, mayonnaise, mustard and lemon juice. Mix very well. Fill the egg whites with the yolk-shrimp mixture. Top each half with one of the reserved shrimp. Makes 12.

Joyce Malerman

AUNT NORMA'S GEFILTE FISH

Use 5 pounds carp (or combination of whitefish and carp).

Mixture:

1 large grated onion	1/2 c. matzo meal
3 eggs	1 Tbsp. peanut oil
2 Tbsp. salt	grated fish
1 Tbsp. sugar	1/4 c. water
1 Tbsp. pepper	

Broth:

1 Tbsp. pepper	2 carrots
1 Tbsp. salt	1/2 green pepper
1 Tbsp. sugar	4 sliced onions
2 stalks celery	2 qt. water
1 Tbsp. peanut oil	

Put skin, bones and fish head in bottom of pot with 4 sliced onions, carrots, green pepper, salt, pepper and oil, plus 2 quarts of water. Boil for about 1 hour until the broth begins to taste interesting. Grind fish and onion. If fish has been ground by the fish store, just grind the onion. Put into mixing bowl with beaten eggs, salt, pepper, sugar and oil. Add matzo meal and chop until well blended. Add water; try to taste this mixture to make sure the seasoning is correct. If it is not heavy enough, add some matzo meal. If you prefer the fish more high seasoned, add whatever seasoning you prefer. Remove large bones from pot. Make balls from fish mixture. Drop into boiling liquid, cover for first 1/2 hour. Uncover and reduce heat; simmer for about 3 hours until the stock is reduced to half. Cool for about 1 hour; remove from pot and refrigerate.

Sandy Fryer

CHEESE AND ONION QUICHE

1 partially baked 9 inch pie shell	2 Tbsp. butter
1/2 lb. Swiss cheese	3 large eggs
1 Tbsp. flour	1 c. milk or half and half
1 large onion	salt and pepper
	nutmeg

Grate Swiss cheese. Sprinkle the cheese with 1 table-spoon flour and line bottom of pie shell with cheese. Slice onion. Saute onion in butter until translucent. Arrange the sauteed onion over cheese layer. Beat eggs and milk; add salt and pepper. Pour custard over cheese. Sprinkle with nutmeg. Bake at 400 degrees for 10 minutes and at 325 degrees for 35 minutes.

Sandy Fryer

QUICHE LORRAINE

2 pie shells (8 inch size)	1 pt. heavy cream
8 slices bacon	1/2 c. milk
2 medium onions	1 tsp. salt
3/4 lb. Swiss cheese	1/4 tsp. white pepper
5 eggs, beaten	1/2 tsp. ground nutmeg
1 large can mushroom stems and pieces, drained	

Bake pie shells 10 minutes. (Put piece of waxed paper inside of shells and fill with dry beans to stop shells from buckling.) Remove from oven and let cool. Fry bacon until crisp; drain and crumble. Saute onion in bacon fat until transparent. Dice Swiss cheese. Put onion, cheese, mushrooms and bacon in the pie shells (don't forget to remove the beans and waxed paper). Combine in bowl the eggs, cream, milk, salt, pepper and nutmeg. Pour into shells slowly. Bake until golden brown. Let stand 10 minutes before cutting.

Serves 12 people - hot hors d'oeuvres or luncheon.

Gail Lubeck

CHOPPED CHICKEN LIVERS

1 lb. chicken livers	5 hard-boiled eggs
2 large onions, sliced	salad dressing or mayonnaise
salad oil	salt and pepper

Saute the livers and onions in salad oil about 20 minutes until good and brown. Put the livers, onions and the

CHOPPED CHICKEN LIVERS (Continued)

hard-boiled eggs through a meat grinder. Season with salt and a dash of pepper. Mix with 2 or 3 tablespoons salad dressing until a soft consistency. Chill.

Phyllis Haas

CHOPPED CHICKEN LIVERS

1 lb. chicken livers	salt
2 Tbsp. chicken fat	Worcestershire sauce
1 onion	lemon juice
2 hard-boiled eggs	1-2 Tbsp. chicken fat to taste

Wrap the chicken livers in foil and bake in a 350 degree oven for 20 to 30 minutes. In 2 tablespoons chicken fat, saute the onion, grated, until brown. Mash the onion and the livers in a large bowl, along with the 2 hard-boiled eggs. Salt to taste. Add dash of Worcestershire sauce and lemon juice. Add 1 or 2 tablespoons chicken fat to taste. May be refrigerated in a mold. Grease the mold first with extra chicken fat. Another serving idea is to scoop out the center of a long salty rye. Fill the cavity with the liver and chill overnight. Slice 1/2 inch thick to serve.

Sandy Kuby

CHICKEN LIVER PATE

1/2 lb. chicken livers	1 clove garlic, minced
1/4 c. chopped onion	2 Tbsp. brandy
1/4 c. finely chopped celery	1 1/2 tsp. gelatin
4 Tbsp. butter	1/2 c. chicken broth
1/4 c. chicken broth	1 whole chopped hard-boiled egg plus 1 chopped hard-boiled egg white
1/4 tsp. paprika	1/2 tsp. brown mustard
1/4 tsp. salt	1/4 c. mayonnaise
fresh ground pepper	

In a skillet, in butter, cook the chicken livers, onion and celery. Add chicken broth, paprika, salt, pepper and garlic. Simmer, covered, for 5 minutes. Take off heat and add brandy. In small saucepan, soften gelatin in the chicken broth, then cook. Either put the liver mixture through a grinder or blender (medium speed) until smooth. Mix in a bowl with the gelatin. Add chopped egg; chill until partly set. Then put into a very lightly oiled 3 cups mold; refrigerate

CHICKEN LIVER PATE (Continued)

overnight. Unmold the pate, then frost with the mayonnaise mixed with the brown mustard. Garnish with pimentoes or olive slices.

Joyce Malerman

EGGS AND CAVIAR

6 eggs, hard boiled	1 small jar black caviar
1 Tbsp. mayonnaise or	sour cream
melted butter	

Grate the hard-boiled eggs in a mouli grater. Add the mayonnaise or butter and mix well. Mound the mixture on a serving platter. Spread the black caviar evenly over the mound. "Plop" big spoonfuls of sour cream over the caviar and spread carefully. Refrigerate until needed.

Bobbi Cohen

EGG SALAD MOLD

1 envelope gelatin	4 pimentos
1/4 c. cold water	2 tsp. India relish
1/4 c. hot water	10 stuffed olives
1 c. mayonnaise	salt and pepper
1 doz. hard-boiled eggs	salad oil
1 onion, diced	garlic salt
1/2 green pepper, diced	

Dissolve gelatin in the cold water; mix in the hot water. Put the gelatin mixture in a large bowl and mix in the mayonnaise. Mix in hard-boiled eggs (chopped), diced onion, diced green pepper, 2 of the diced pimentos, India relish, salt and pepper to taste. Oil mold and sprinkle with garlic salt. When salad is unmolded, garnish with remaining 2 pimentos, sliced, and the olives, sliced.

Sandy Jacobowitz

LOIS' TOMATO DELIGHTS

cherry tomatoes	cream cheese and lox, mixed
olives	together

Scoop out the tomatoes. Fill with the cream cheese-lox mixture. Top with a sliver of olive.

Fran Seiden

POTATO KNISHES

- 1 small onion, chopped seasoning
- 2 c. instant potato 1 pkg. crescent rolls

Combine the onion, instant potato (and water as per package directions) and seasoning to make the filling. Roll out half of the crescent roll dough at a time. Roll it as if rolling any dough. Fill center with potato mixture. Roll up like a jelly roll. Slice off 1/2 inch pieces and pinch ends closed. Bake on greased cookie sheet until brown.

Fran Seiden

CHEESE AND MUSHROOM CANAPES

- 1/4 lb. fresh mushrooms, minced 1 tsp. minced onion
- 1 Tbsp. butter small rounds of bread, toasted
- 1 (8 oz.) pkg. cream cheese on one side
- salt and pepper
- enough sour cream to soften
- the mixture

Cook the mushrooms in butter for only a few minutes. Mix mushrooms with cream cheese, minced onion, salt, pepper and enough sour cream to soften. Spread the untoasted side of the bread with butter, then mushroom mixture. Refrigerate (up to 2 days) or freeze. When ready to serve, place under the broiler until puffy and brown. Yields about 2 1/2 dozen.

Joyce Malerman

BABY PIZZAS

- 1 can oven-ready biscuits oregano to taste
- 1 small can tomato paste anchovies
- 1 pkg. Mozzarella cheese, mushrooms
- sliced or grated

Half bake 1 can of oven-ready biscuits. Split in two and flatten between 2 sheets of waxed paper. On each half, place 1 teaspoon tomato paste. Cover with slice of Mozzarella cheese or sprinkle with grated Mozzarella cheese. Use a dash of oregano to taste. Anchovies or mushrooms may be added for variety. Bake in 400 degree oven for 5 to 10 minutes. Yields 20.

Shirley Gottlieb

EGGPLANT RELISH

1 eggplant	salad oil
1 onion, minced	salt

Broil the eggplant directly on the gas burner of the stove top (or in the broiler if electric), turning from side to side until the eggplant is soft all over. Scoop out the pulp into a bowl and chop the pulp fine. Add the minced onion and enough salad oil so that the mixture is not too stiff. Salt to taste and cool in the refrigerator. Serve on a lettuce leaf with sliced tomato as an appetizer.

Phyllis Haas

QUICK PARTY PIZZA

6 English muffins	1 can anchovies
1/2 lb. American cheese	salt and pepper
1 can Marinara sauce	oregano
or Sauce Arturo	

Split the muffins in halves. Place on a greased cookie sheet. Cut the cheese to fit on the muffins. Spread with the Marinara sauce; salt and pepper to taste. Dot with anchovies. Sprinkle with oregano. Bake in 450 degree oven for 20 minutes until the cheese melts.

Phyllis Haas



BEVERAGES

My susceptibility to flattery
Is a disconcerting thing;
If an enemy but praise my tea,
I feast him like a king.

SANDWICHES



They that have no other meat,
Bread and butter are glad to eat.



BIRTHDAY STONES
AND
FLOWERS



<u>MONTH</u>	<u>FLOWERS</u>	<u>STONE</u>
January	Snowdrop or Carnation	Garnet
February	Primrose or Violet	Amethyst
March	Jonquil or Daffodil	Bloodstone or Aquamarine
April	Daisy or Sweet Pea	Diamond
May	Hawthorn or Lily of the Valley	Emerald
June	Rose or Honeysuckle	Pearl or Moonstone
July	Larkspur or Water Lily	Ruby
August	Poppy or Gladiolus	Sardonyx
September	Aster or Morning Glory	Sapphire
October	Cosmos or Dahlia	Opal or Tourmaline
November	Chrysanthemum	Topaz or Citrine
December	Holly or Poinsettia	Turquoise or Lapis Lazuli

BEVERAGES, SANDWICHES

SUPER-DUPER RUM PUNCH

- 1 medium size can
crushed pineapple
- 1 large jar Maraschino
cherries, without
stems
- 1 fifth light Puerto
Rican rum
- 1 qt. orange juice
- 3 Tbsp. lemon juice
- 1 qt. 7-Up
- 2 seedless oranges, thinly
sliced
- confectioners sugar to taste

- Drain the pineapple and cherries, reserving juices.
- Spray a ring mold with Pam. Place the fruit in the mold, fill with water and freeze. Combine the rums, citrus juices and the 7-Up. Add reserved fruit juices. Sweeten with the confectioners sugar to taste. Add the orange slices. Refrigerate until needed.

- Fifteen minutes before your guests arrive, place the rum mixture into a large punch bowl. Float the ice mold. Be careful, you don't feel this one going down, but it can sure liven up a party.

Arnold Malerman

SANGRIA

- 3/4 c. granulated sugar
- 3/4 c. water
- 1 orange
- 1 lemon
- 1 bottle dry red wine
- 1 bottle carbonated water,
ginger ale or 7-Up

- Combine sugar and water in small pan; heat, stirring, until boiling, then cook rapidly 3 to 4 minutes. Cool. Slice orange and lemon thin; halve orange slices. Place fruits in a medium size bowl; pour in sugar syrup. Let stand 3 hours.
- Just before serving, place fruits and syrup in a pitcher; stir in wine and soda. Add ice. Serve in goblets.

Joyce Malerman

FROZEN STRAWBERRY DAIQUIRIS

- 1 fifth white rum
- juice of 6 limes or 4 lemons
- 1 pkg. frozen strawberries

- This makes 12 Daiquiris, but for best results, make it in two batches. Put half of the rum, juice of 3 limes or 2

FROZEN STRAWBERRY DAIQUIRIS (Continued)

lemons and half a package of frozen strawberries into an electric blender filled with about 12 ounces shaved ice. Turn blender on full for 1 minute. Serve at once in Champagne glasses with very short straws.

Sandy Fryer

EGG NOG PUNCH

12 eggs, separated
1 1/2 c. sugar
1 pt. cream
3 qt. milk

2 c. whiskey
4 oz. dark rum
nutmeg

Beat egg yolks. Beat in 1 cup of the sugar. Stir in the cream, milk, whiskey and rum. Check for taste. Refrigerate for 3 hours. Beat the whites until stiff, adding the remaining 1/2 cup of sugar. Spread on top of the egg nog in a punch bowl. Sprinkle some nutmeg on top.

Phyllis Haas

SPIKED PUNCH

1 can frozen Hawaiian
punch
1 can chilled Hawaiian punch

1/2 bottle vodka
1 pt. raspberry sherbet

Pour the chilled can of punch over the frozen can of punch. Mix until foamy. Add the vodka just before your company arrives. Keep adding vodka as the frozen juice melts. Hic!!

Roz Rosenthal

BOURBON PUNCH

Ice Mold:

Mandarin orange slices
water

Maraschino cherries, without
stems

Punch:

1 pt. bourbon
2 qt. sherbet

2 qt. ginger ale
8 oz. milk

BOURBON PUNCH (Continued)

Place the Mandarin orange slices and cherries in a small round mold. Fill with water and freeze.

Mix the punch ingredients in a punch bowl. Unmold the ice ring into it and serve.

Joyce Malerman

MEXICAN HOT CHOCOLATE

1/4 c. unsweetened
cocoa

dash salt
1 qt. milk

1/4 c. sugar

1/4 c. light cream

3/4 tsp. cinnamon

3/4 tsp. vanilla extract

In small bowl, combine cocoa, sugar, cinnamon and salt; mix well. In a medium size saucepan, heat 1 cup of the milk until bubbling. Stir in the cocoa mixture; beat with wire whisk or a rotary beater until smooth. Over low heat, bring to boiling, stirring. Gradually stir in the rest of the milk; return to a boil. Stir in the light cream and vanilla; heat gently. Just before serving, beat the hot chocolate with a rotary beater until frothy. Serves 6.

Joyce Malerman

** EXTRA RECIPE **

** EXTRA RECIPES **



SOUPS



SALADS

"To make a perfect salad there should be a spendthrift for oil, a miser for vinegar, a wise man for salt and a madcap to stir the ingredients up and mix them well together.

QUANTITY COOKING

	25	100		25	100
Beef and veal (roasted)	10 lbs.	40 lbs.	Ice Cream	3 quarts	3 gals.
Beans, baked (canned) (dried)	1 No. 10 2 1/4 lbs. navy beans	4 No. 10 11 lbs.	Jam or Preserves	1 1/2 pints	3 quarts
Beans, string (fresh) (frozen) (canned)	5 lbs. 3 (40 oz.) pkgs. 1 No. 10	18 lbs. 10 (40 oz.) pkgs. 4 No. 10	Lentuce (large heads for salad cups)	4 heads	12 heads
Beets (fresh) (canned)	5 lbs. 1 No. 10	20 lbs. 4 No. 10	Loaf Sugar	1/2 lb.	2 lbs.
Butter (in squares)	1/2 lb.	2 lbs.	Meat Loaf	5 lbs.	18 lbs.
Cabbage (shredded for salad)	5 lbs.	20 lbs.	Veal Cutlets	9 lbs.	30 lbs.
Cannots (cooked)	6 lbs.	24 lbs.	Peas (fresh) (frozen)	18 lbs. 3 (40 oz.) pkgs.	70 lbs. 10 (40 oz.) pkgs.
Cocktail	3/4 gal.	3 gals.	Potatoes (mashed) (for scalloping)	9 lbs. 7 1/2 lbs.	35 lbs. 25 lbs.
Coffee	1/2 to 3/4 lb.	2 to 2 1/2 lbs.	Potatoes (for salad)	1/2 pk.	1/2 bu.
Corn (canned) (frozen)	3 No. 2 3 (40 oz.) pkgs.	2 No. 10 10 (40 oz.) pkgs.	Rolls	4 doz.	16 doz.
Crackers	1 1/2 lbs.	6 lbs.	Salad Dressing (any kind)	1 pint	2 quarts
Cream for coffee	1 1/2 pints	6 pints	Soup	1 1/2 gals.	6 gals.
Cream for whipping	1 pint	1/2 gal.	Sweet Potatoes (canned)	1 No. 10	4 No. 10
Fowl (creamed or in salad)	8 lbs.	32 lbs.	Sweet Potatoes (fresh, served candied)	7 lbs.	24 lbs.
Fowl (roasted)	16 lbs.	60 lbs.	Tomatoes (scalloped)	1 No. 10	4 No. 10

SOUPS, SALADS

CHINESE EGG DROP SOUP

1 egg, beaten	salt and pepper to taste
6 scallions, sliced, with the green part	1 1/2 qt. well-flavored chicken broth

Beat the egg well. Slice the scallions and include some of the green part; add them to the chicken broth. Simmer the chicken broth with the scallions about 5 minutes. Add salt and pepper to the broth; bring broth to a rapid boil and drip the beaten egg into the broth. Stir, then serve immediately.

Joyce Malerman

VELVET SOUP

1 qt. chicken broth	salt and pepper to taste
1 1/2 c. light cream	4 egg yolks

In a saucepan, combine the chicken broth and 1 cup of light cream. Bring slowly up to a boil. Season the mixture with salt and pepper. Beat egg yolks with remaining 1/2 cup of cream; pour a little of the soup into the egg and cream mixture; stir rapidly (this will warm the egg yolks), gradually pour the egg yolks into the soup, stirring rapidly. Reheat, but do not boil. Serve in bouillon cups. Serves 6 to 8.

Joyce Malerman

CHICKEN PEA SOUP

1 can condensed pea soup	1 pkg. Lipton chicken noodle soup
5 cans cold water	1/2 c. fine noodles

Add water to pea soup and bring to a boil. Add package of soup and extra noodles. Simmer for 10 minutes. Serves 6.

Doris Dion

CHICKEN SOUP

1 whole chicken (or cut up)	4 carrots
3 celery stalks, with tops	2 large onions (whole)
	2 Tbsp. salt

100

Abstract

Abstract

Abstract

POTAGE PAYSANNE (Continued)

blender). Thin with milk or cream just before serving.
Season to taste.

Joyce Malerman

SYLVIA MANULKIN'S VEGETABLE SOUP

3 carrots	1/2 c. split peas
3 stalks celery	1/2 c. barley
1 medium onion	1 pkg. dry soup mix
1 tomato	5 qt. water
1 can vegetarian vegetable soup	salt and pepper

Carrots, celery, onion and tomato all go in the blender until it looks like baby food. Soak the split peas, barley and dry soup mix in a sieve in water for a few minutes; drain. Add mixture from the blender and the sieve to the water; add the vegetarian vegetable soup. Simmer 1 hour. Salt and pepper to taste. Serves 25 plus. This soup freezes very well.

Joyce Malerman

OLD FASHIONED VEGETABLE SOUP

4 qt. water	1 diced parsley root
1 lb. meat and bones	2 diced carrots
2 tsp. salt	1/4 lb. string beans
pepper	1 small can whole corn
3/4 c. barley	1 large can tomatoes
1 lb. peas	1 tsp. sugar
1 c. diced celery	2 Tbsp. tomato paste
1/2 diced green pepper	soup greens, optional

In a large pot, put the water and bring to a boil with the meat and bones. Add salt and pepper to taste with beans and barley. Bring to a boil and then add peas, celery, green pepper, parsley root, carrots and string beans. Simmer for 2 hours. Then add corn, tomatoes, sugar and tomato paste. If you are using soup greens, add now and strain off before serving. Simmer 1 hour or more.

Linda Taplinger

MINESTRONE

3 lb. shin of beef	5 qt. cold water
about 2 Tbsp. salt	1 (1 lb. 4 oz.) can chick peas
4 medium carrots, pared	or kidney beans, drained
and diced	1 (10 oz.) pkg. frozen cut
4 sprigs parsley, chopped	green beans
2 large celery stalks,	1 (10 oz.) pkg. frozen peas
minced	2 c. chopped cabbage
1 large onion, chopped	1 lb. potatoes, cubed
1 bay leaf	1/8 tsp. garlic powder
1 large can Italian	1/2 tsp. freshly ground pepper
tomatoes, undrained	about 1/4 lb. perciatelli or
	spaghetti, broken in 1 inch
	pieces

Place shin of beef, 1 tablespoon of the salt and water in a large heavy pot. Bring to boiling, covered, then skim the surface. Add garlic powder. Add carrots, parsley, celery, onion and bay leaf; simmer, uncovered, for 3 hours. Remove the beef and set aside.

Now add the Italian tomatoes, chick peas, green beans, peas, cabbage, perciatelli, 2 teaspoons salt, potatoes and the pepper. Bring the soup to a boil, stirring occasionally. When the soup does come to a boil, reduce the heat and simmer, covered, for 45 minutes. Meanwhile, cut the meat from the bone into small pieces. Add the meat to the simmering soup. May be served with Parmesan cheese sprinkled over each serving. Yields about 4 1/2 quarts.

Joyce Malerman

COLD BEET BORSCHT

2 cans sliced beets	2 tsp. salt
1 medium onion, sliced	1 1/2 Tbsp. sugar
1 1/2 cans water	2 eggs
juice of 1 lemon	1 medium can tomatoes

Shred beets; add water, beet juice and onion. Add all ingredients except eggs. (For a smoother soup, these ingredients can be blended.) Bring mixture to boil and simmer 30 minutes. Cool. Beat eggs and add slowly to Borscht. Serve ice cold with sour cream. Serves 6.

Marcia Halbert

MY MOTHER'S CABBAGE BORSCHT

- 3 lb. plate brisket
- 2 or 3 marrow bones
- 1 large onion, diced
- 2 c. canned tomatoes
- 1 small head cabbage, shredded
- 1/2 c. seedless raisins
- juice of 2 lemons
- 1/4 c. brown sugar (or a little more)
- 2 tsp. salt
- pepper to taste

- Bring meat, marrow bones, and 1 1/2 quarts water to a rapid boil. Skim. Add onion and tomatoes. Bring to a boil again, reduce heat and simmer until meat is tender, about 2 hours. Sprinkle the shredded cabbage with a handful of salt and let it stand while the soup is cooking. Drench with hot water and drain. Add cabbage and raisins to Borscht. Cover and simmer until the cabbage is tender, about 30 minutes. Add lemon juice, sugar, salt and pepper. Simmer 10 minutes longer. You might have to add a little water during the cooking process. Serve hot. Serves 8.

- Recipe may be doubled for a large crowd or even tripled if you have a big enough pot like mother, who gives us all some to take home.

Sandy Fryer

WONTONS

- 2 c. presifted flour
- 1 1/2 tsp. salt
- 2 eggs
- 1 Tbsp. soy sauce
- 1 lb. finely ground cooked beef mixed with cooked chicken
- 1/4 tsp. pepper

- To prepare the wonton pastry, place the sifted flour and salt into a small mixing bowl. Add 1 of the eggs and 1/3 cup of water, adding water a few drops at a time. Mix to a smooth dough. Turn the dough onto a lightly floured board. Knead until smooth. Cover and let stand for 20 minutes. Roll out dough until paper thin. Cut into 2 inch squares.

- To prepare filling: Combine remaining salt, remaining egg, beef-chicken mixture, soy sauce and pepper. Work the mixture until smooth. Put a small amount of filling in center of each square of dough. Fold over each square to make triangle, pressing gently the edges together, but leave point of triangle open. Drop the Wontons, a few at a time, into boiling salted water. Cook until they rise to surface. Remove with slotted spoon. Drain on absorbent paper. Serve in your favorite chicken soup or fried as an hors d'oeuvre.

Joyce Malerman

ONION SOUP, GRATINEE

1 1/2 lb. yellow onions, thinly sliced	3 cans water
2 Tbsp. butter	3/4 c. dry Vermouth
2 Tbsp. oil	3 Tbsp. Cognac
1 tsp. salt	rounds of toasted French bread
1/2 tsp. sugar	melted butter
2 Tbsp. flour	2 c. grated Swiss and/or Parmesan cheese
3 cans beef bouillon	

Cook the onions slowly in the butter and oil in 4 to 6 quart heavy-bottomed pot, covered. Uncover, raise heat slightly and stir in salt and sugar. Cook 20 to 30 minutes, stirring frequently; onions should be golden brown. Sprinkle in flour, stir 2 minutes, then add bouillon, water and Vermouth. Simmer 30 to 45 minutes, skimming as needed. Salt and pepper to taste. Add Cognac and put in individual soup pots or heatproof tureen. Brush toast rounds with butter. Put half the cheese directly in the soup, float rounds on top and cover with the rest of the cheese. Bake 20 minutes at 350 degrees and serve immediately. Makes 6 to 8 servings.

Larry Fryer

EASY FRENCH ONION SOUP AS FROMMAGE

2 lb. onions, sliced	1 pkg. Mozzarella cheese
butter	4 sq. Gruyere or Swiss cheese
2 cans beef bouillon	French sourdough bread
2 c. water	sliced low moisture cheese

Saute onions with butter in a frying pan until they are clear. In a large pot, add beef bouillon and water; simmer about 4 hours. Slice Mozzarella cheese into slivers; grate the squares of cheese. Combine with Mozzarella cheese. In bottom of a crock or bowl, which is ovenproof, put 1 large handful of combined cheeses. Heat onion soup until hot (but not boiling). Slice bread (available at Wm. Penn Shop) into 1 inch slices, 1 per bowl. Toast in oven until browned-butter and sprinkle Parmesan cheese on top. Place on top of cheese in bottom of crock. Add rest of cheese on top of bread; pour hot onion soup to the top of the bowl. Take 1 sheet of Mozzarella cheese and lay on top. Bake at 400 degrees for 20 minutes until cheese melts and is bubbly.

Shortcut: Buy canned Crosse and Blackwell onion soup. (Approximately 3/4 of a can per person.)

Arlene Felzer

ARMENIAN VEGETABLE SALAD

(Excitingly Different and Colorful)

Salad:

- | | |
|-----------------------------------|------------------------------------|
| 2 pkg. frozen cut green beans | 1 (4 oz.) can pimento |
| 1 (7 oz.) can pitted black olives | 1 bunch scallions, white part only |
| | 1 (8 oz.) can button mushrooms |

Dressing:

- | | |
|---------------------|-----------------------------|
| 3/4 c. salad oil | 1 tsp. grated onion |
| 1/2 c. wine vinegar | 1 tsp. Worcestershire sauce |
| 1 tsp. sugar | 1 tsp. basil |
| 1 tsp. dry mustard | 1/2 tsp. garlic powder |
| 1/2 tsp. paprika | |

Prepare the green beans according to package directions, but slightly undercooked. Drain and cool. In a large bowl, cut up the scallions. Drain and slice the olives and pimento. Add mushrooms, also drained of liquid. Add the green beans. Combine the ingredients for the dressing; the measurements of the oil and vinegar can vary according to taste. Add to the salad. Marinate 12 hours in refrigerator.

This recipe won a prize recently in a cooking contest.

Arlene Felzer

COLD BEAN SALAD

Dressing:

- | | |
|------------------------|-----------------------------|
| 1 clove garlic, mashed | 1/8 tsp. pepper |
| 3 Tbsp. wine vinegar | 1 tsp. Worcestershire sauce |
| 3 Tbsp. lemon juice | 3/4 tsp. dry mustard |
| 1/2 c. oil | 3/4 tsp. oregano |
| 1 tsp. salt | |

Salad:

- | | |
|----------------------------|------------------------------------|
| 1 jar wax beans, drained | 1 jar or can kidney beans, drained |
| 1 jar green beans, drained | sliced Bermuda onion |
| | sliced pimento |

Combine the ingredients for the dressing. Mix well.

COLD BEAN SALAD (Continued)

Combine the ingredients for the salad. You may leave out the kidney beans to make the salad less fattening. Pour the dressing over the salad. Chill a few hours and serve over crisp greens.

Sandy Fryer

POTATO SALAD

5 lb. new potatoes	1 small onion, liquefied
3 hard-boiled eggs	salt and pepper
4 ribs celery	mayonnaise, about 1 c.

Pare and boil the potatoes. Drain. Cut into small pieces. Chop the eggs and celery. Add to potatoes along with the liquefied onion, salt and pepper to taste. Add mayonnaise and mix. Serve chilled.

Sondra Bank

COLE SLAW

1 large cabbage	1 Tbsp. vinegar
about 1 c. Miracle Whip	1 Tbsp. sugar
4 Tbsp. water	salt and pepper

Grate the cabbage. Mix together the water, vinegar, sugar, salt and pepper to taste. Pour over the grated cabbage. Add the Miracle Whip; mix well. Serve chilled.

Sondra Bank

AUNT MITZI'S LAMAZE SAUCE

1 pt. mayonnaise	1 Tbsp. prepared mustard
1 pt. chili sauce	1 tsp. chopped chives
1/2 c. India relish	salt and pepper
1 chopped, hard-boiled egg	A. 1. sauce

Mix together all ingredients except A. 1. sauce. Store in the refrigerator and use as needed. Add a dash of A. 1. sauce over dressing when serving. Serves 8.

Sandy Fryer

ITALIAN SALAD DRESSING

1 clove garlic, crushed	1/4 c. olive oil
1 tsp. basil	1/8 c. wine vinegar

ITALIAN SALAD DRESSING (Continued)

- 1 tsp. oregano
- 1/2 tsp. salt
- 1 tsp. prepared mustard
- 1/4 tsp. pepper

In a wooden bowl, mix all of the ingredients. Add salad greens and tomatoes; toss at the table. Be sure to include some onion.

Sandy Kuby

GREEN GODDESS SALAD AND DRESSING

Salad:

- 1/2 head romaine
- tomato wedges
- 1 head butter lettuce
- julienne beets
- some endive, optional
- cooked shrimp

Dressing:

- 1 clove garlic, grated
- 2-3 Tbsp. chopped chives
- 1/2 tsp. dry mustard
- 2 Tbsp. minced parsley
- 1 tsp. Worcestershire
- 2 Tbsp. lemon juice
- sauce
- 1/2 c. sour cream, optional
- 2 Tbsp. anchovy paste
- 1 hard-boiled egg, finely
- 1 c. mayonnaise
- chopped

Combine the garlic, dry mustard, Worcestershire sauce and anchovy paste. Blend the rest of the ingredients for the dressing. Combine the 2 mixtures and chill.

Break the lettuce into a large bowl. Add the tomato wedges, beets and shrimp. Toss gently. Pour the dressing over the salad. Serves 6 to 8.

Joyce Malerman

VINAIGRETTE SALAD DRESSING

- 3 oz. salad oil
- tarragon
- 1 oz. wine vinegar
- parsley
- salt
- 1 whole clove garlic
- freshly ground pepper
- chives

Mix salad oil, wine vinegar, salt and freshly ground pepper to taste. This is the basic salad dressing. However, you can use your imagination and add any herbs and/or spices you wish; such as, chives, tarragon, parsley, whole clove of

VINAIGRETTE SALAD DRESSING (Continued)

garlic, peeled and floating in the dressing for extra flavor, etc.

Pour the salad dressing over salad greens and toss well. Use the salad dressing sparingly according to the size of the salad. Do not saturate the salad greens; you can always add more.

Doris Dion

CAESAR SALAD

2 large cloves garlic	dash hot sauce
1 egg, coddled	2 c. croutons
1 lemon	2 large heads romaine,
1 or 2 cans anchovies	washed, dried, chilled, torn
1/4-1/2 c. olive oil	in pieces
1 tsp. yellow mustard	freshly ground black pepper
	1/2 c. grated Parmesan cheese

Put garlic in large salad bowl and mash with a fork; add egg, oil, mustard, hot sauce and mix well. Squeeze juice of lemon into mixture and mix again. Add lettuce and anchovies; toss vigorously until well mixed. Add pepper, croutons and cheese; toss again. Serve at once. Serves 6 to 8.

Larry Fryer

CUCUMBER MOLD (To Use with Fish or Meat)

1 pkg. lime gelatin	1/2 tsp. grated onion
1 1/4 c. boiling water	1 c. diced cucumber
2 Tbsp. vinegar	1 c. canned crushed pineapple,
1/2 tsp. salt	drained
1/2 c. mayonnaise	

Mix all ingredients together in electric mixer. Pour into mold and chill until set.

Rhea Needle

KING CRAB SALAD

1/2 lb. frozen or canned king crabmeat	2 green onions
1/2 can diced water chestnuts	2 Tbsp. soy sauce
	1/2 c. mayonnaise

KING CRAB SALAD (Continued)

First of all, don't worry if you can only find a 7 ounce can or a 6 ounce package frozen king crabmeat; it will still taste great. Drain crabmeat. Slice water chestnuts. Put crabmeat and water chestnuts in a bowl and chop. Slice the green onions and add to the crabmeat mixture. Add soy sauce and mayonnaise; mix well. Cover and chill. Serve on lettuce or as an hors d'oeuvre on rye rounds.

Sandy Fryer

TOSSED SALAD IN YOGURT DRESSING

1 (9 oz.) pkg. frozen cauliflower	1/4 tsp. garlic powder or 2 cloves garlic, minced
2 (9 oz.) pkg. frozen Italian green beans	1 (4 oz.) can pimentos, drained and chopped
1 c. plain yogurt	1 (3 1/2 oz.) can French fried onion rings
1/2 tsp. salt	
1/8 tsp. black pepper	

Cook the frozen vegetables according to the package directions. Drain and chill. Combine yogurt, salt, black pepper and garlic. Stir in drained, chopped pimentos and chill. Before serving, toss the vegetables with the dressing. Garnish generously with the French fried onion rings.

Serves 8.

Joyce Malerman

GREEK SALAD

1 small head cabbage	1 large green pepper
2 medium cucumbers	2 apples, peeled
1 large white onion	3 Tbsp. vinegar
2 stalks celery	2 Tbsp. oil
2 carrots	1 Tbsp. water
	1/2 tsp. Sweet 'n Low

When serving, add:

1/2 small lettuce	3 tomatoes, cut in pieces
6 pitted sliced black olives	4 radishes, sliced thin

In a large bowl, mix the oil, vinegar, water and Sweet 'n Low. Slice the cabbage as for cole slaw and place

GREEK SALAD (Continued)

in the bowl. Peel the cucumbers and cut into bite-size pieces. Do the same with the onion, celery, carrots and apples. Add these vegetables to the cabbage. Cut the herring into bite-size pieces and add to the cabbage. Toss well. Store in the refrigerator until ready to serve.

When serving, add the lettuce, black olives, tomatoes and radishes. If you are only using a small amount at a time, add the lettuce, etc. in reduced quantity only to portion of cabbage mixture being used. Store the rest of the cabbage mixture in the refrigerator. Serves 6 to 8.

Sandy Fryer

AUNT MITZI'S COLD MARINATED MUSHROOM SALAD

1/2 lb. fresh mushrooms	salt
6 Tbsp. olive oil	pepper
2 Tbsp. wine vinegar	1 Tbsp. Vermouth

Wipe mushrooms with a damp paper towel. If you feel that you must wash the mushrooms, dry them quickly because mushrooms are like sponges and you do not want them to become soggy. Mix all ingredients of dressing together. Slice mushrooms and lay flat in large shallow dish. Pour dressing over mushrooms and chill 45 minutes, turning mushrooms at least once. Do not chill more than 1 1/2 hours unless you like soggy mushrooms. Serve over lettuce. Serves 2 or 3.

Sandy Fryer

SALADE NICOISE (A Great Luncheon Salad)

2 tsp. Dijon mustard	1 pt. cherry tomatoes
2 Tbsp. wine vinegar	5 medium size red skin
1 1/2 tsp. salt	potatoes, cooked, peeled
1 or 2 cloves garlic,	and sliced
finely minced	3 (7 oz.) cans tuna
6 Tbsp. peanut or vegetable oil	1 (2 oz.) can flat anchovies
6 Tbsp. olive oil	10 stuffed olives
freshly ground black pepper	10 black olives
1/2 tsp. dried thyme	2 small or 1 large red onion
2 lb. green beans	2 Tbsp. chopped fresh basil
2 green peppers	or 1 tsp. dried
4 ribs celery	1/3 c. finely chopped fresh
	parsley

SALADE NICOISE (Continued)

1/4 c. finely chopped green onions 6 hard-cooked eggs, quartered

In a mixing bowl, combine the mustard, vinegar, salt, garlic, peanut and olive oils, pepper and thyme. Beat with a fork until well blended. Set aside.

Pick over the beans and break them into 1 1/2 inch lengths. Place them in a saucepan and cook them in salted water to cover until tender but crisp. Drain and run under cold water. Drain in a colander; set aside.

Remove cores from the green peppers. Remove the seeds and membranes. Cut the peppers into thin rounds and set aside. Trim the celery ribs. Cut the ribs crosswise into thin slices. There should be about 2 cups of sliced celery.

Set aside. Bring a quart of water to a boil. Drop in the cherry tomatoes and let stand for exactly 15 seconds. Drain immediately. Using a paring knife, pull off the tomato skins. Set aside.

Use a large salad bowl and make a more or less symmetrical pattern of the green beans, peppers, celery, tomatoes and potatoes. Flake the tuna fish and add to bowl. Arrange the anchovies on top and scatter the olives over all. Peel the onions and cut them into thin, almost transparent slices. Scatter the onion rings over all. Sprinkle with basil, parsley and green onions. Garnish with eggs. Toss salad with dressing after garnished bowl has been presented to guests for their enjoyment. Serve with a crusty loaf of French or Italian bread. Serves about 8.

Sandy Fryer

CUCUMBERS IN SOUR CREAM

3/4 c. sour cream 2 Tbsp. vinegar or lemon juice
3 tsp. chopped onion 2 medium cucumbers, pared
 or chives and sliced
1/2 tsp. salt paprika
freshly ground black pepper to taste

Mix sour cream, onion, salt, pepper and vinegar. Add cucumbers and toss lightly. Chill mixture. Serve as is, or on lettuce or other greens with a garnish of paprika.

Variation: Substitute fresh dill for the chives or onion. Serves 4 to 6.

Sandy Fryer

GUACAMOLE
(Mexican Avocado Salad)

salt	1/4 tsp. chili powder
1 clove garlic, cut	1 tsp. lemon juice
1 large ripe avocado, pitted	2 tsp. minced onion mayonnaise

Optional: One large ripe tomato or sliced ripe olives or crisp crumbled bacon.

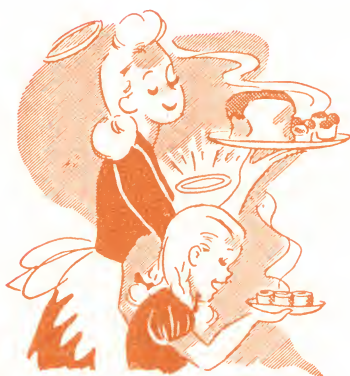
Sprinkle a bowl with a little salt and rub with garlic. Mash the avocado in the bowl and season with 1/4 teaspoon salt, the chili powder and lemon juice. Stir in the onion. If desired, the fleshy part of ripe tomatoes, diced, may be added; or sliced ripe olives; or crisp, crumbled bacon. Mix well. Cover with a thin layer of mayonnaise to keep the mixture from darkening. Just before serving, stir well. Serve on crisp lettuce as a salad. Makes about 1 cup.

Great as a salad with chili con carne as your main dish.

Sandy Fryer

** EXTRA RECIPES **

Rolls - Breads



"Breathes there a wife with soul so dead;
Who to her husband has never said:
'This is my own real, homemade bread' "



COMMON CAUSES OF FAILURE IN BAKING

BISCUITS

1. Rough Biscuits caused from insufficient mixing.
2. Dry biscuits caused from baking in too slow an oven and handling too much.
3. Uneven browning caused from cooking in dark surface pan (use a cookie sheet or shallow bright finish pan), too high a temperature and rolling the dough too thin.

MUFFINS

1. Coarse texture caused from insufficient stirring and cooking at too low a temperature.
2. Tunnels in muffins, peaks in center and a soggy texture are caused from overmixing.
3. For a nice muffin mix well but light - and bake at correct temperature.

CAKES

1. Cracks and uneven surface may be caused by too much flour, too hot an oven and sometimes from cold oven start.
2. Cake is dry may be caused by too much flour, too little shortening, too much baking powder or cooking at too low a temperature.
3. A heavy cake means too much sugar has been used or baked too short a period.
4. A sticky crust is caused by too much sugar.
5. Coarse grained cake may be caused by too little mixing, too much fat, too much baking powder, using fat too soft, and baking at too low a temperature.
6. Cakes fall may be caused by using insufficient flour, under baking, too much sugar, too much fat or not enough baking powder.
7. Uneven browning may be caused from cooking cakes at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans (use bright finish, smooth bottomed pans).
8. Cake has uneven color is caused from not mixing well. Mix thoroughly, but do not over mix.

PIES

1. Pastry crumbles caused by over mixing flour and fat.
2. Pastry is tough caused by using too much water and over mixing the dough.
3. Pies do not brown - for fruit or custard pies use a Pyrex pie pan or an enamel pan and bake at 400 - 425 degrees constant temperature.

BREADS: (YEAST)

1. Yeast bread is porous - this is caused by over-rising or cooking at too low a temperature.
2. Crust is dark and blisters - this is caused by under-rising, the bread will blister just under the crust.
3. Bread does not rise - this is caused from over-kneading or from using old yeast.
4. Bread is streaked - this is caused from under-kneading and not kneading evenly.
5. Bread bakes uneven - Caused by using old dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature.

ROLLS - BREADS

HOMEMADE WHITE BREAD

3 pkg. active dry yeast	4 tsp. salt
or compressed yeast	1/3 c. melted shortening
1/2 c. warm water	5 c. water
1/2 c. sugar	16-18 c. flour

Sprinkle dry yeast over warm (110 degrees) water or crumble compressed yeast into lukewarm (85 degrees) water. Combine the sugar, salt, shortening and water in a 5 quart bowl. Stir in 8 cups flour; add yeast and enough of remaining flour (8 to 10 cups) to make stiff dough that cleans the bowl when you stir. Knead on a lightly floured surface until smooth and satiny, 5 to 8 minutes. Place in a greased bowl, turn to bring greased side up, cover and let it rise in a warm place (80 to 85 degrees) until doubled, about 1 1/2 hours. Punch down the dough. Turn out on floured board.

Divide in half. Set aside one half to rise again. Divide the other portion in half; shape each half into smooth ball; let it rest 10 minutes. Shape into 2 loaves; place in greased 9 x 5 x 3 inch pans. Grease tops lightly; cover and let rise until doubled, about 1 hour. Bake in a hot oven at 400 degrees 40 to 50 minutes. Immediately turn out of pans on the racks and cool thoroughly.

When portion of dough set for second rising is doubled, punch down and repeat above process. Makes 4 loaves. Wrap or package loaves individually as soon as they cool. Seal, label, date and freeze. Recommended storage time: 3 months to a year.

To serve, let thaw in wrapper at room temperature (on rack to allow air circulation) and heat in foil wrapper in a moderate oven, 375 degrees, 20 minutes. Foil may be opened for the last 5 minutes to crisp the crust.

Joyce Malerman

FRENCH BREAD

1 c. lukewarm water	1 Tbsp. cooking oil
1 1/2 tsp. salt	3 1/2-4 c. unbleached flour,
1 pkg. yeast	not sifted

Combine water and salt; dissolve yeast well and add oil. Add flour slowly, enough to make a stiff dough. Turn onto lightly floured board and knead until smooth and elastic

FRENCH BREAD (Continued)

(10 to 15 minutes). Place dough in a greased bowl, turning once, cover with a damp cloth and allow to rise until doubled in bulk (1 1/2 to 2 hours). Punch down, turn, cover again and let rise again, 30 to 45 minutes. Roll dough into an oblong, 15 x 10 inches. Roll up tightly, as for a jelly roll. Lengthen roll and taper ends. Place diagonally on a baking sheet that has been greased and lightly floured. Make a lengthwise slash in the dough, brush top with cold water and let stand, uncovered, 1 to 1 1/2 hours. Brush again with cold water and bake in preheated 425 degree oven 10 minutes. Brush again, reduce temperature to 375 degrees and bake 10 more minutes. Brush again and cook until golden brown, 15 to 20 minutes. If loaf is to be served several hours later or frozen, reduce final cooking time about 10 minutes.

Larry Fryer

PETITE BRIOCHE

1 c. milk	1/4 c. water
1/2 c. butter	4 eggs, beaten
1 tsp. salt	1 tsp. grated lemon peel
1/2 c. sugar	5 c. sifted flour (about)
2 pkg. active dry or compressed yeast	melted butter

Scald the milk; stir in the butter, salt and sugar. Cool until it is lukewarm. Sprinkle the dry yeast over warm water (110 degrees) or crumble compressed yeast over lukewarm water (85 degrees). Let stand 5 minutes. Add eggs and lemon peel; mix well. Combine with the cooled milk mixture; add the flour gradually to make a soft dough. Knead lightly until dough is smooth and satiny. Place in a greased bowl; cover with a cloth and let it rise in a warm place until doubled in bulk, about 2 hours. Punch down and turn out on a lightly floured board. Knead lightly.

Shape 2/3 of dough into smooth balls about 2 inches in diameter. Shape other 1/3 into smaller balls, about 1 inch in diameter. Place the large balls in greased muffin cup pans; set 1 small ball firmly on top of each of the larger ones. Brush the surfaces with butter; let rise until doubled in bulk. Bake in a hot oven, 425 degrees, about 10 minutes. Remove from pans at once. Cool on rack. Makes about 3 dozen.

Wrap rolls as soon as they are cool in moisture-proof material or place in polyethylene bags or freezer containers.

PETITE BRIOCHE (Continued)

Seal, label, date and freeze. Recommended storage time:
3 months to a year.

To serve cold, thaw in package at room temperature about 1 hour. To serve hot, place foil-wrapped frozen rolls in a hot oven, 400 degrees, 20 minutes. If wrapper on rolls cannot be heated, place in a paper bag and heat in moderate oven, 350 degrees, until hot, about 15 to 20 minutes.

Joyce Malerman

CARROT WALNUT BREAD

1 c. vegetable oil	1 1/2 tsp. baking soda
3/4 c. sugar	1 1/2 tsp. ground cinnamon
2 eggs	1/2 tsp. salt
1 tsp. vanilla	1 1/2 c. grated carrots (3 large)
1 1/2 c. sifted all-purpose flour	1 1/2 c. ground walnuts

Grease a 9 x 5 x 3 inch loaf pan; dust lightly with flour. Tap out any excess. Combine vegetable oil, sugar, eggs and vanilla in large bowl. Sift flour, baking soda, cinnamon and salt onto waxed paper; add to sugar mixture. Stir in carrots and walnuts; mix just until blended. Turn into prepared pan. Bake in moderate oven, 350 degrees, for 1 hour or until center springs back when lightly pressed with fingertips. Cool in pan 10 minutes; turn out onto wire rack and cool completely. Top with Lemon Glaze as follows.

Lemon Glaze:

1/2 c. 10x confectioners sugar	1 tsp. grated lemon rind
	1 Tbsp. lemon juice

Combine in a small bowl. Stir until smooth. Drizzle over top and sides of Carrot Walnut Bread.

Debbie Seidman

CRESCENT ROLLS WITH CREAM CHEESE

1 pkg. Pillsbury crescent rolls	1 (8 oz.) pkg. cream cheese with chives
1 tsp. milk	

Spread dough on a lightly greased baking sheet. Mix

CRESCENT ROLLS WITH CREAM CHEESE (Continued)

in a small bowl the milk and cream cheese. Spread the mixture on the dough. Roll and cut into thirds. Bake, following the directions on the roll can.

Bobbi Cohen

BRAIDED CHALLAH

2 (13 3/4 oz.) pkg. hot
roll mix
water

6 eggs
melted butter or margarine
poppy seed

Early on day or day before: Remove the 2 packages of yeast from hot roll mix and sprinkle over 3/4 cup warm water in measuring cup; stir until dissolved. In large bowl, with a rotary beater, beat 5 of the eggs until foamy; beat in yeast just until mixed. With wooden spoon, stir in 1 box of hot roll mix; beat smooth. Stir in second box of hot roll mix to form stiff dough. Place dough on floured pastry board; knead 10 minutes, using as much flour as needed to prevent sticking. Shape dough into smooth, round ball; place in large bowl which has been greased well with butter or margarine. Brush top and sides of dough generously with additional butter or margarine; cover with clean towel and set in warm place, 80 to 85 degrees, until double in bulk.

Meanwhile, grease a 17 x 14 inch cookie sheet. Turn dough out on floured board. Knead several times; shape into ball. Cut off 1/3 of dough and set aside. Roll remaining dough into a strip about 40 inches long; then cut it lengthwise into 3 equal strips. Roll each strip slightly between palms of hands to round edges; then braid the 3 strips tightly together to form a rope 40 inches long. Shape braided rope into a round coil on cookie sheet; tuck end under outside edge. Press coil gently with palms to flatten to at least 9 inches.

From remaining dough (1/3), pull off 1 tablespoon dough. Set it aside; roll rest of dough into a strip 40 inches long, cut it lengthwise into 3 equal strips. Round edges of strips by rolling between palms, then braid tightly to form braided rope 40 inches long.

In measuring cup, beat the remaining egg and 2 tablespoons water with fork until well blended. Now, generously brush top of large coil on cookie sheet with egg mixture, then coil small braid on top to form a second layer. Shape the 1 tablespoon of dough into small ball; place on center top of the bread; brush top of dough with beaten egg mixture. Sprinkle

BRAIDED CHALLAH (Continued)

with poppy seed. Cover and let rise in warm place, 80 to 85 degrees, until double. Start heating oven to 375 degrees. Bake 15 minutes; then cover top with foil and bake 25 to 30 minutes longer or to a rich golden brown. Remove bread from cookie sheet; place on rack to cool. Wrap tightly in foil; store at room temperature or in refrigerator, if desired.

Debbie Seidman

WATER BAGELS

2 pkg. dry yeast	3 Tbsp. sugar
1 1/2 c. warm water	1 Tbsp. salt
4 1/4 or 4 1/2 c. sifted flour	

Combine yeast and 1 3/4 cups flour in a large mixing bowl. Mix the water, sugar and salt; add to yeast mixture.

Beat at low speed for 1/2 minute. Beat 3 minutes at high speed. Add remaining flour, by hand, to make a stiff dough. Place on floured board and knead until smooth, 5 minutes.

Cover and let rise 15 minutes. Cut into 12 portions and shape into balls. Punch holes in center with floured finger. Pull gently to enlarge hole, working each Bagel into shape. Let rise 20 minutes. In large pot, combine 1 gallon water with

1 tablespoon sugar. Bring to boil and reduce to simmer.

Cook 4 or 5 at a time for 7 minutes, turning once. Drain and place on ungreased baking sheet. Bake at 375 degrees for 30 to 35 minutes.

Barbara Satz

EASY POPOVERS

2 eggs	1 c. flour
1 c. milk	a little flour

Grease muffin pan. Mix all together. It should be lumpy. Fill muffin pans 1/2 full. Don't preheat oven. Let batter stand for 15 minutes, then put in oven at 450 degrees for 15 minutes, then reduce heat to 400 degrees for 15 more minutes. Do not open oven door while baking.

Barbara Satz

** EXTRA RECIPES **



MEATS

POULTRY



Stuff it and roast it, baste it with care,
Carefully then some gravy prepare,
Around your kitchen savory odors will tell,
Whatever is cooking, is doing well.

ROASTING

MEAT

BEEF

	Set Temperature		Time in Minutes Per Pound	Time in Minutes per Lb. Started Cooking from Frozen State
Standing Rib 6-8 lb.	300	Rare	18-20	43
		Medium	22-25	47
		Well Done	27-30	55
Less than 6 pounds	300	Rare	33	55
		Medium	45	60
		Well Done	50	65
Rolled Ribs	300	Rare	32	53
		Medium	38	57
		Well Done	48	65

LAMB

Rolled Shoulder	300	40-45	40-45
Shoulder (bone in)	300	30-35	40-45

VEAL

Shoulder	300	25	40-45
Boned and Rolled	300	40-45	40-45

POULTRY

CHICKEN

Stuffed 3-4 lb.	350	40-45
Stuffed 4-5 lb.	350	35-40
Stuffed over 5 lb.	325	30-35

TURKEY

8-10 lb.	325	20-25
10-14 lb.	325	18-20
14-18 lb.	300	15-18
18-20 lb.	300	13-15

GOOSE

10-12 lb.	325	25-30
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DUCK

5-6 lb.	350	30-35
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MEATS, POULTRY

EASY SWEET AND SOUR MEAT BALLS

2 lb. hamburger meat 1 family size bottle ketchup
1 bottle ginger ale sugar

In a pot, pour ginger ale (leaving a little in the bottle) and ketchup. Pour remaining ginger ale into ketchup bottle to take out remaining ketchup. Make meat balls out of the hamburger meat. Place in sauce and add sugar to taste. Simmer on low flame until meat balls are finished.

Harriett Rudolph

QUICK SWEET AND SOUR MEAT BALLS

2 lb. ground beef 1 (12 inch) bottle chili sauce
1 egg 1 (10 oz.) jar grape jelly
1 large grated onion juice of 1 lemon
or 1 pkg. Lipton onion soup mix

Beat egg slightly in a bowl; add chopped beef and large onion or onion soup mix. If you use the onion soup mix, no salt is necessary. Mix the meat well. Mix chili sauce, jelly and lemon juice in a pot and heat to a simmer. Form meat balls and add to simmering sauce. Simmer the meat balls about 45 minutes until brown. Freezes well.

Nanci Simon

MEAT BALLS

1 pkg. ground beef, 2 cans tomato paste
made into meat balls 2 c. water
1 can whole cranberry sugar to taste
sauce with berries

Brown the meat balls at medium temperature. Remove most of the extra grease. Add cranberry sauce, tomato paste and water. Simmer 1 hour, stirring once or twice. Then add sugar to taste. This tastes best with macaroni, noodles or rice, not spaghetti. It also tastes better reheated.

Bobbie Cohen

LONDON BROIL - TERIYAKI

1 1/2 lb. flank steak 1/2 c. soy sauce

LONDON BROIL - TERIYAKI (Continued)

1/2 c. Sherry	1 tsp. orange rind, grated
1/4 c. peanut oil	1 (1 inch) piece candied ginger, finely chopped
2 cloves garlic, finely chopped	

Leave the steak in the marinade for several hours, turning frequently, before you broil it. Serves 4 to 6.

Joyce Malerman

SAVORY RICE-STUFFED FLANK STEAK

1 1/2 lb. flank steak	2 Tbsp. butter
1 c. cooked rice	2 Tbsp. olive oil
2 Tbsp. finely chopped onion	1 can condensed tomato soup
1/4 tsp. tarragon, crushed	1/2 c. water
2 c. sliced mushrooms (1/2 lb.)	1/3 c. Burgundy
	2 cloves garlic, minced

Combine rice, onion and 1/8 teaspoon tarragon. Spread mixture evenly to within 1 inch of edge of steak. Starting at narrow end, roll up steak. Tuck in the ends and tie with string. Brown in butter and oil with the mushrooms. Add the rest of the ingredients, cover and cook over low heat for 1 hour, stirring now and then. Turn, cook 1 hour more or until tender, stirring now and then. Serve with tiny whole carrots. Serves 4 to 6.

Joyce Malerman

LONDON BROIL (Our Family Favorite)

1 1/2 lb. trimmed flank steak	1 small onion, minced
1/2 c. salad oil	1/2 tsp. salt
1/2 c. beer	1/4 tsp. Tabasco sauce
	few dashes Worcestershire sauce

Slash the steak diagonally on both sides and score the edges. Mix together the rest of the ingredients to make a marinade. Place the steak in the mixture to marinate; cover and refrigerate for several hours (or overnight). Turn meat a few times. Place on a hot broiling rack 4 inches from heat for 5 minutes on each side. The meat should not be well done.

LONDON BROIL (Continued)

Brush on the marinade when you turn the meat and use the onions, too. To serve, slice thinly on a slant. Canned mushroom gravy is good with it. And lots of mashed potatoes!

Gladys Weisbord

BEEF SHASHLIK

- | | |
|--------------------------------------|--|
| 1 lb. round steak,
1/4 inch thick | 1/4 lb. fresh mushroom caps
1 (1 lb.) can little potatoes,
drained |
| 1 bottle Kraft Russian
dressing | 1 zucchini, cut in cubes |
| 1 1/2 c. cherry tomatoes | |

Marinate steak, cut in strips, in Russian dressing overnight. Assemble the vegetables. Alternately thread the meat and vegetables on skewers, accordion style. Broil or grill 10 to 12 minutes, brushing frequently with marinade. Serves 4.

Joyce Malerman

HUNGARIAN BEEF GOULASH

- | | |
|--|-----------------------------|
| 3 Tbsp. butter | 1 tsp. salt |
| 3 c. thinly sliced onions | 3 Tbsp. tomato paste |
| 2 cloves garlic, finely
chopped | 2 c. beef stock |
| 1 tsp. chopped fresh
marjoram or 1/2 tsp.
dried marjoram | celery leaves from 2 stalks |
| 3 lb. lean beef, cut
into 1 1/2 inch cubes | 4 sprigs parsley |
| | 1 bay leaf |
| | 1/4 tsp. ground thyme |
| | 3 Tbsp. paprika |

Heat the butter in a saucepan; add onions and cook over low heat until lightly browned. Add garlic and marjoram; continue to cook for several minutes. Add the beef cubes, salt and paprika; mix well. Cover and simmer slowly for 30 minutes, stirring frequently. Stir in the tomato paste and stock. Tie the celery leaves, parsley and bay leaf together and add, along with the thyme, to the meat. Bring the liquid to a boil, reduce heat and cover again. Cook slowly for about 1 1/2 hours, until the beef is tender when pierced with a fork. Remove celery bundle and discard. Skim off any excess fat. Serve the beef with noodles. Serves 6.

Joyce Malerman

BEEF STROGANOFF

1/4 c. all-purpose flour	1/2 c. chopped onion
1/2 tsp. salt	1 clove garlic, minced
1 lb. filet mignon, cut in 1/4 inch wide strips	1 Tbsp. tomato paste
1/4 c. butter	1 can condensed beef broth
1 c. thinly sliced mushrooms	1 c. sour cream
	2 Tbsp. dry Sherry

Combine 1 tablespoon of the flour with the salt and dredge the meat in the mixture. Heat the skillet, then add half the butter. When melted, add meat strips and brown quickly, flipping the meat to brown on all sides. Add the mushroom slices, onion and garlic. Cook 3 to 4 minutes or until the onion is barely tender. Remove the meat and mushrooms from the skillet and keep warm. Add remaining butter to the pan drippings. When melted, blend in the remaining flour with a whisk. Add the tomato paste. Slowly pour in the meat stock. Cook, stirring constantly with the whisk, until the mixture thickens. Return the meat and mushrooms to the skillet. Stir in the sour cream and Sherry; heat briefly. Serves 6.

Joyce Malerman

BEEF BURGUNDY

3 lb. chuck beef cubes	2 or 3 marrow bones
3 c. red wine	2 Tbsp. butter
2 c. beef stock	2 Tbsp. olive oil
1 bay leaf	1/2 lb. mushrooms
2 garlic cloves, minced	1/2 lb. small white onions
salt and pepper	

Dry the beef cubes. Saute in 1 tablespoon oil and 1 tablespoon butter until brown. Add red wine, beef stock, bay leaf, garlic, salt, pepper and marrow bones. Simmer in 325 degree oven, covered, for 3 hours. Check amount of sauce after 2 hours; if too much, remove lid and allow sauce to cook down. Saute mushrooms (which have been sliced or quartered) and the onions in 1 tablespoon butter and 1 tablespoon oil. Canned or fresh mushrooms and onions can be used if dried well on paper towels. Add the mushrooms and onions to meat and heat. Serve with rice or noodles.

Sandy Fryer

BEEF FONDUE AND SAUCES

round steak or boneless garlic
sirloin peanut oil

Have the butcher cube the steak into small 1/2 inch cubes. Rub garlic into the sides and bottom of a fondue pot. Heat the peanut oil on the stove first until hot, then place on the fondue stand. Each person cooks his own meat to taste and dips into one of the following sauces.

Sauce Piquant:

1/2 c. ketchup 1/2 c. chili sauce

Curry Mayonnaise:

1 Tbsp. curry powder 1 c. mayonnaise

Remoulade Sauce:

1 c. mayonnaise 1/2 c. finely chopped sour
1 Tbsp. chopped capers pickles
1 1/2 tsp. chopped 1 tsp. prepared mustard
parsley and leaf tarragon

Green Garlic Sauce (1/2 recipe is enough):

2 c. mayonnaise 1/4 c. salad oil
1/4 c. lemon juice 1 clove garlic, crushed
1 tsp. ground dill weed 1 tsp. paprika
1 tsp. maggi seasoning few drops green food coloring

Arlene Felzer

DEVEILED STEAK

2 lb. boneless sirloin 1 tsp. Worcestershire sauce
steak, cut 1 1/2 inches 1/4 tsp. salt
thick dash pepper or more
2 Tbsp. butter or mar- 2 Tbsp. warm brandy
garine 1/4 c. catsup
1 Tbsp. snipped parsley 1 (3 oz.) can sliced mush-
1 tsp. dry mustard rooms, drained
1 Tbsp. dry Sherry

DEVILED STEAK (Continued)

Broil the steak to rare doneness, 15 minutes. In large skillet, combine butter or margarine, parsley, Sherry, dry mustard, Worcestershire sauce, salt and pepper; heat until bubbly. Add steak; pour brandy over and flame. (For drama, do this in a chafing dish at the table.) When brandy has burned down, remove steak to platter. Add catsup and mushrooms to sauce in skillet; stir until well combined. Serve over steak. Makes 6 servings.

Sandy Fryer

STEAK AU POIVRE A LA CREME

2 boneless shell steaks, or sirloin steaks, about 1 1/2 lb. each	1/4 c. butter
2 Tbsp. or more black peppercorns	2 Tbsp. finely chopped shallots or green onions
salt	3 Tbsp. warm Cognac
vegetable oil	2 c. heavy cream
	1 Tbsp. Dijon or Dusseldorf mustard

Trim the steaks of most of their fat. Using a mortar and pestle, or bottom of a heavy skillet, pound the peppercorns until coarsely crushed. Pour the crushed pepper onto a piece of waxed paper and dredge the steaks on both sides in the pepper. Press the pepper into the steaks with the heel of your hand. Sprinkle lightly on both sides with salt.

Place a heavy skillet on the stove and brush the bottom lightly with oil. When hot, add the steaks and cook over medium-high heat until brown on one side, about 7 minutes. Turn the steaks and brown on the other side. Continue cooking the steaks, turning occasionally, to the desired degree of doneness, about 30 to 45 minutes.

Remove the steaks to a warm platter and pour off any fat that accumulated in the pan. Cover the steaks with aluminum foil and keep warm. Wipe out the pan with paper towels and add the butter and shallots. Cook, stirring, about 3 minutes. Do not brown. Add the Cognac and ignite. Add cream and cook, stirring frequently, about 10 minutes. Remove the skillet from the heat and stir in the mustard. Do not cook further. Pour the hot sauce over the steaks and serve immediately. Serves 4 to 6.

Joyce Malerman

STEAK WITH WINE SAUCE

1 bunch scallions, chopped	1/2 c. butter or margarine
3 c. Port wine	1 tsp. dry mustard
1 anchovy fillet, chopped	1 1/2 tsp. salt, divided
1 Tbsp. chopped parsley	2 tsp. Worcestershire sauce
	1 Tbsp. lemon juice
	4 (8 oz.) boneless rib steaks or fillets

Combine scallions, wine, anchovy and parsley in a medium saucepan. Add butter, dry mustard, 1/2 teaspoon salt, Worcestershire sauce and lemon juice. Sprinkle 1 teaspoon salt over a blazer pan over direct Sterno flame (or do in a skillet on the stove). When salt begins to brown, add steaks. Cook until brown; turn and cook 1 or 2 minutes longer or to desired degree of doneness. Add sauce to blazer pan and heat quickly. Yields 4 servings.

Sandy Fryer

STEAK DIANE

(Great treat for husband to make at the table)

4 Tbsp. butter	1/2 tsp. parsley, minced
2 Tbsp. chopped shallots	1 Tbsp. steak sauce
4 Tbsp. Sherry	1 Tbsp. Worcestershire sauce
2 Tbsp. brandy	4 portions boneless sirloin, 1/2 inch thick, about 2 lb.
1/2 tsp. chives	

Use large skillet or electric frying pan. Set about 250 or 275 degrees. Slow fire. Melt butter and saute shallots. Place steaks in pan, piercing on both sides. Heat brandy and pour over steaks and flame. Add Sherry, chives, parsley, Worcestershire sauce and steak sauce. Mix well. Add salt and pepper to taste. For rare, cook only about 5 minutes. Steaks cook very quickly. Serves 4 (1/2 pound each person).

Gail Lubeck

TENDERLOIN DELUXE

2-3 lb. whole beef tenderloin	2 Tbsp. soy sauce
4 Tbsp. butter or margarine	1 tsp. Dijon style mustard
1/4 c. chopped green onion	dash freshly ground pepper
	3/4 c. dry Sherry

TENDERLOIN DELUXE (Continued)

Spread the tenderloin with 2 tablespoons of butter, softened. Place on a rack in a shallow baking pan. Bake, uncovered, in a hot oven, 400 degrees, for 20 minutes.

Meanwhile, in a small saucepan, cook the green onions in the remaining 2 tablespoons butter until the onions are tender. Add the soy sauce, mustard and pepper. Stir in Sherry. Heat just to boiling. Pour some over the tenderloin. Bake for 20 minutes more for rare doneness. Baste with sauce. Slice and serve. Pass the remaining wine sauce.

Sandy Fryer

LOBSTER STUFFED TENDERLOIN OF BEEF

3-4 lb. whole beef tenderloin (without tail)	6 slices bacon, partially cooked
2 (4 oz.) frozen lobster tails	1/2 c. sliced green onions
1 Tbsp. butter or mar- garine, melted	1/2 c. butter or margarine
1 1/2 tsp. lemon juice	1/2 c. dry white wine
	1/8 tsp. garlic salt
	salt

Cut the beef tenderloin lengthwise to within 1/2 inch of the bottom to butterfly. Place the frozen lobster tails in boiling salted water to cover. Return to boiling. Reduce heat and simmer 5 to 6 minutes. Carefully remove the lobster tails from the shells and cut in halves lengthwise. Place the lobster end to end inside the beef. Combine 1 tablespoon melted butter with the lemon juice; drizzle on the lobster. Close the meat around the lobster and tie the roast at 1 inch intervals.

Place the meat on a rack in a shallow roasting pan; roast in a 425 degree oven for 45 to 50 minutes for rare doneness. Turn bottom side up. Roast 5 minutes more.

Meanwhile, in a saucepan, cook the green onions in the remaining butter over low heat until tender, stirring as they cook. Add the wine and garlic salt. Heat, stirring frequently. To serve, slice the roast and spoon on the wine sauce. Garnish the platter with fluted whole mushrooms and water cress, if desired.

Sandy Fryer

BEEF ROULADE

1 thin flat flank steak salt and pepper	1 c. prepared stuffing mix (Pepperidge Farm)
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BEEF ROULADE (Continued)

2 pkg. Spatini brown
gravy mix

1 clove garlic, mashed
wild rice, prepared

Use 1 thin flank steak with shallow diagonal scoring on one side. Turn the steak over and spread 1 inch in from all edges 1 cup of prepared stuffing mix (follow package directions). Roll the steak up in a jelly roll fashion and secure well with toothpicks. Place the rolled meat in a shallow roasting pan with the open edge down. Prepare the brown gravy according to the package directions and pour over the top. Season the steak and gravy with salt, pepper and garlic to your own taste. Serve with wild rice. Serves 4.

Sheila Trachtenberg

SUKIYAKI

1/2 c. thinly sliced

onion

1/4 c. butter

1 lb. beef sirloin

salt and pepper

1 1/2 lb. fresh mushrooms, thinly sliced
(or one 4 oz. can
sliced mushrooms,
drained)

1/2 c. sliced celery

2 Tbsp. soy sauce

1 (1 lb.) can bean sprouts,
drained

1/4 c. water chestnuts, thinly
sliced

1/2 lb. (2 c.) fresh spinach

1 beef bouillon cube

1 1/2 c. hot water

1 1/3 c. Minute rice

1/2 c. chopped scallions

Saute the sliced onion in butter in a large skillet or electric fry pan until transparent. Season the sirloin, cut into narrow strips, with the salt and pepper. Add to onion. Brown the beef on all sides. Stir in the fresh mushrooms, sliced celery, soy sauce, bean sprouts and water chestnuts. Cook 5 to 10 minutes; add the fresh spinach. Cook for an additional 2 minutes. Dissolve the beef bouillon cube in the hot water in a saucepan. Stir in the Minute rice. Pour into the center of the ingredients in the skillet. Sprinkle with the chopped scallions so they cover the other ingredients. Simmer over a low heat for 5 minutes. Do not overcook. Serves 4.

Joyce Erlichman

PEPPER STEAK

1 lb. round or flank steak,	2 green peppers, diced
salt and fresh ground black	1 c. bouillon
pepper to taste	1 c. drained, canned tomatoes
2 Tbsp. oil	1 1/2 Tbsp. cornstarch
1 medium onion, chopped	2 tsp. soy sauce
1 clove garlic, minced	1/4 c. water

Cut the steak into slices 1/8 inch thick (or have this done by the butcher). Sprinkle with salt and pepper. In a large skillet, heat the oil; add the steak, onion and garlic. Cook until meat is browned on all sides. Add green peppers and bouillon. Cover and simmer 10 minutes. Add tomatoes and simmer 5 minutes. Mix cornstarch, soy sauce and water, stir into meat mixture and cook, stirring, until the mixture has thickened. Serve with hot boiled rice. Serves 4.

Note: If green peppers are boiled for 4 minutes before chopping, it gives a milder flavor to recipe.

Faith Zipper

PEPPER STEAK

1 Tbsp. cornstarch	2 green peppers, cut in strips
3 cloves garlic	2 onions, chopped
1/4 c. water	1 beef bouillon cube in 1 c.
3 lb. thin sliced round	hot water
steak, cut in small strips	1 tsp. sugar
2 Tbsp. oil	1 Tbsp. salt
2 tomatoes, peeled and	pepper
quartered	celery, water chestnuts and
	mushrooms, optional

Mix cornstarch and water. Mince garlic and put on top of meat and add cornstarch mixture; mix in a bowl. Heat oil in a large skillet; add meat and brown; stir over high heat. Take out meat with a slotted spoon and add the onions; mix. Cook 3 minutes. Then add the bouillon, sugar, salt and pepper. Add the meat and vegetables and heat. Serve with rice, if desired.

Lynn Wagman

PEPPER STEAK

1 Tbsp. shortening	1 lb. steak roll, cut into 1/2
1 Tbsp. soy sauce	inch strips

PEPPER STEAK (Continued)

1 tsp. salt	1 c. thinly sliced onion
3/4 c. water	1 c. green pepper, cut in small pieces
2 Tbsp. cornstarch	
3/4 c. water	1 1/2 c. tomato wedges

Melt the shortening in a large skillet. Add the steak, soy sauce, salt and water. Brown the steak well. Cover tightly and cook slowly for 1 hour or until tender. Blend the cornstarch with the 3/4 cup water; stir into the meat and cook until thickened. Stir constantly. Add onion, green pepper and tomatoes. Cover tightly and cook slowly 10 to 12 minutes until the vegetables are tender. Serve over rice. Enjoy it!

Debbie Seidman

ROAST BEEF AU JUS

4 1/2 lb. standing prime rib roast	salt and pepper to taste
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Let roast stand at room temperature at least 1 hour before cooking. Preheat oven to 375 degrees. Rub meat with salt and pepper; place fat side up in a shallow pan or on a rack. Roast 1 hour; turn off heat. Do not open oven door at any time until ready to serve. Thirty to forty minutes before serving, reheat in oven at 375 degrees. Roast will be brown and crisp on the outside; rare in the middle. Yield: 8 servings.

Sandy Fryer

PAIGE'S FAVORITE POT ROAST

1 large pot roast	1 Tbsp. coarse salt
1 bottle Burgundy	6-8 peppercorns
5 cloves, chopped	1/2 tsp. fennel seed
1 c. sliced carrots	1/2 tsp. thyme
1 c. sliced onions	1/2 tsp. orange peel

Marinate roast at least 2 days in the wine, vegetables and herbs. Dry the roast and brown. Drain vegetables, saving the wine sauce. Brown the vegetables 6 to 8 minutes; add 1/2 cup flour and continue to brown another 2 minutes until the flour is cooked. Add the wine mixture slowly. Add 1 can or 2 cups whole tomatoes. Add 1 cup beef broth. Return the roast to the mixture (meat should be 2/3 covered). Bring to

PAIGE'S FAVORITE POT ROAST (Continued)

a simmer on top of the stove, then bake at 325 degrees, covered with foil and then a lid, until the roast is done. Strain gravy, degrease and reduce to about 3 cups. Serves 6 to 8.

Joyce Malerman

HERBAL MUSTARD COATED BONELESS LEG OF LAMB

1 (4 lb.) piece of boned and rolled leg of lamb	lemon salt and pepper
--	--------------------------

Coating:

1/2 c. Dijon type prepared mustard	1 tsp. rosemary or thyme
2 Tbsp. soy sauce	1/4 tsp. powdered ginger
1 clove mashed garlic	1 Tbsp. olive oil
	rubber spatula or brush

Rub the lamb with lemon; sprinkle with salt and pepper. Blend the mustard, soy sauce, garlic, herbs and ginger together in a bowl. Beat in the olive oil by droplets to make a mayonnaise-like cream. Paint the lamb with the mixture and set it on the rack of a roasting pan or on a barbecue spit. The meat will pick up more flavor if it is coated several hours before cooking. Roast in 350 degree oven or on barbecue spit - medium rare, 1 3/4 to 2 hours; well done, 2 to 2 1/4 hours. Use meat thermometer for best results. For medium rare, 147-150 degrees. Well done, 160-165 degrees.

Sandy Fryer

GOURMET LEG OF LAMB

1 leg of lamb	3 Tbsp. olive oil
2 Tbsp. chili sauce	dash salt
1 1/2 Tbsp. Worcester-shire sauce	dash freshly ground pepper
1 1/2 Tbsp. vinegar	dash thyme
1 can beef bouillon	dash powdered bay leaf
	2 Tbsp. minced onion
	1-2 cloves garlic

Roast the leg of lamb at 300 degrees for 30 to 35 minutes to the pound, basting frequently with a sauce made of all of the other ingredients. The lamb may be wrapped in aluminum foil and then reheated when you are ready to serve. Serves 6.

Joyce Malerman

SHISH KEBOB

Use 1/2 leg of lamb (3 to 4 pounds), cut in cubes.

Marinade:

- | | |
|----------------------|------------------------|
| 6 Tbsp. lemon juice | 1 tsp. ginger |
| 4 Tbsp. olive oil | 1 clove garlic, mashed |
| 2 Tbsp. grated onion | 2 tsp. curry powder |
| 1/2 tsp. cayenne | 1 Tbsp. salt |

Kebobs:

- | | |
|-------------------------------|---------------------------------|
| meat cubes | 2 green peppers, cut in eighths |
| 18 mushroom caps | 12 cherry tomatoes, optional |
| 24-30 canned pineapple chunks | |

Prepare the Marinade and put the lamb cubes in a bowl with the Marinade for at least 6 hours (overnight is better).

- The marinated meat may be frozen.

When you are ready to serve, thread the marinated lamb cubes, mushroom caps, pineapple chunks, green pepper and cherry tomatoes alternately on 6 long skewers (about 8 to 12 inches). Boil indoors or outdoors for about 45 minutes. Serves 6.

Joyce Malerman

LAMB CREOLE (For 4)

- | | |
|--|--|
| 2 lb. leg of lamb, cut into 2 inch squares | 1 3/4 c Campbell's chicken broth diluted enough to make 1 3/4 c. |
| 2 Tbsp. Wesson oil | 1/2 c. white wine |
| 2 Tbsp. butter | 1 clove garlic |
| 2 medium onions, sliced | salt and pepper to taste |
| 1 tsp. tomato paste | bouquet of herbs (celery, parsley, bay leaf) |
| | 2 Tbsp. flour |

- Saute meat in hot oil and butter combined; remove meat and add onions and garlic to the oil. Cook slowly over a low fire for 5 minutes. Add flour and brown over higher heat. Remove from heat. Stir in tomato paste, wine and 1 1/4 cups of broth; stir until smooth. Return mixture to heat and bring it to a boil, then add meat, herbs and seasoning to the sauce. Cook 1 1/2 hours on top of stove over slow fire or

LAMB CREOLE (Continued)

in oven at 350 degrees. Add reserved stock if needed. Serve over rice with sauteed mushrooms, piped tomatoes and green peppers; boil for a few minutes to soften.

Rochelle Eisenberg

MARINATED LIVER WITH RED WINE SAUCE

3/4 c. dry red wine	1 lb. calves liver or beef
2 Tbsp. red wine vinegar	liver, cut into 1/2 inch thick
1 tsp. garlic, finely	slices (also good with chicken
chopped	livers)
1/2 bay leaf, crumbled	3 Tbsp. olive oil
1/2 tsp. salt	3 bacon slices, coarsely
freshly ground black	chopped
pepper	2 Tbsp. parsley, finely
	chopped

Combine the wine, vinegar, garlic, bay leaf, salt and a few grindings of pepper in a glass, enamel or stainless steel bowl or baking dish. Add the liver, turning the slices until evenly coated. Marinate at room temperature for about 2 hours.

In a heavy 10 to 12 inch skillet, heat the olive oil over a moderate heat until a light haze forms above it. Add bacon and cook, stirring frequently, until the bacon is golden brown and crisp. Drain on a double thickness of paper towels. Remove the liver slices from the marinade; pat dry with paper towel. Reserve the marinade. Heat the bacon fat remaining in the skillet until it sputters. Add the liver and cook about 2 minutes on each side, regulating the heat so the slices brown quickly and evenly without burning. Remove the liver to a heated platter.

Quickly pour the reserved marinade into the skillet. Boil it uncovered over a high heat until it has reduced to about half, meanwhile scraping in any browned bits clinging to the bottom and sides of the skillet. Taste for seasoning. Scatter the bacon pieces over the liver. Pour the sauce over the liver. Sprinkle with parsley. Serve at once. Serves 4.

Bobbi Cohen

CALVES LIVER VENEZIANO

1 1/2 lb. calves liver,	1/4 c. flour
sliced 1 inch thick	1 1/2 tsp. salt

CALVES LIVER VENEZIANO (Continued)

1/4 tsp. pepper	2 lb. onions, thinly sliced
1/4 c. butter or margarine	1/2 tsp. dried sage leaves
1/4 c. olive or salad oil	1/4 c. dry white wine
	1 Tbsp. lemon juice
	2 Tbsp. chopped parsley

With paper towels, pat liver completely dry, then cut into strips 1/8 inch wide. On a sheet of waxed paper, combine the flour, salt and pepper. Roll the liver in the flour mixture, being sure to coat well. In a large skillet, heat the butter and 2 tablespoons of the oil. Saute the liver strips, turning them frequently, until lightly brown on all sides; this takes about 5 minutes. Remove liver from skillet and set aside. Add the remaining oil to the skillet. Saute the onion slices, stirring frequently, until golden. This takes about 10 minutes. Add the sage. Cook, covered, over low heat for about 5 minutes. Combine the liver with the onion mixture, tossing lightly. Cook, covered, over low heat for 5 minutes. Remove the liver and onions to a serving dish.

To the drippings in the skillet, add the white wine and lemon juice; bring the drippings, wine and lemon juice to a boil, stirring. Pour the sauce over the liver and onion mixture. Sprinkle with chopped parsley. Serves 4.

Sheila Trachtenberg

CHICKEN LIVERS AND ONIONS IN A CLAY POT (Brunch or Sunday Night Supper)

1/4 lb. butter or margarine	salt
1 lb. chicken livers	freshly ground pepper
4 large Bermuda onions	2 Tbsp. Worcestershire sauce

Melt butter in a French clay pot. Add onions, thinly sliced. Add salt, pepper and Worcestershire sauce. Cook slowly until the onions are soft but not brown. Stir occasionally during cooking. Broil the livers. Add to the onions until they are done. Correct seasoning if necessary. Serve with scrambled eggs and toasted English muffins. This dish takes about 1 hour to prepare.

Joyce Malerman

BLANQUETTE DE VEAU

4 lb. boned shoulder of veal, cut into 1 inch cubes	1/2 c. all-purpose flour
4 lb. breast of veal, cut into 1 inch cubes	1 c. dry white wine
2 Tbsp. butter	1 1/2 c. chicken stock or canned chicken broth
salt	2 c. water
freshly ground black pepper	3 small or 1 large carrot, scraped
24 small white onions, peeled	3 stalks celery, trimmed
1 clove garlic, finely minced	2 sprigs parsley
1 lb. fresh mushrooms, preferably small	2 sprigs fresh thyme or 1/2 tsp. dried thyme
juice of 1/2 lemon	1 bay leaf
	1 clove
	2 egg yolks
	1 c. heavy cream

Preheat oven to 400 degrees. Place the meat in large kettle and add cold water to cover. Bring to boil and skim foam and scum off surface. To "refresh" meat, place kettle under cold running water and let water run until meat is chilled. Drain well and set aside.

Rinse kettle well and add butter. Add meat and cook, stirring very gently with wooden spoon. Do not let meat brown. Add salt and pepper to taste and the onions, garlic and mushrooms. Cook about 10 minutes, stirring gently, without letting any of the ingredients brown. Sprinkle with the flour; stir gently until most of the ingredients are coated with flour. Add wine, stock, water, carrots and celery. Cover and bring to a boil.

Meanwhile, tie the parsley, thyme, bay leaf and clove in a cheesecloth bag and add. Cover and place kettle in oven. Cook 1 to 1 1/2 hours or until the meat is quite tender. If necessary, lower the heat. When meat is tender, remove kettle from oven. Using a large slotted spoon, transfer meat and vegetables to a large bowl. Cover and keep warm. Discard the celery, carrot and cheesecloth bag. Bring cooking liquid to a boil. Beat egg yolks and cream together gently; add a little of the hot stock, then add the cream mixture to the kettle, stirring vigorously. Add the lemon juice, then add the meat and onions. Heat through. Serve hot with rice.

Serves 12.

Joyce Malerman

VEAL CORDON BLEU

- 8 veal escalopes (about 1 1/2 lb.)
- 4 thin slices Gruyere cheese
- 4 slices cooked ham
- toothpicks
- 1/4 c. seasoned flour (made with 1/4 tsp. salt, a pinch of pepper)
- 1 egg, beaten to mix
- 1/2 c. dry white bread crumbs
- 2 Tbsp. oil
- 2 Tbsp. butter

Place the veal escalopes between 2 sheets of waxed paper and pound until thin with a mallet or rolling pin. Trim the edges so they are all even sized. Cut the cheese slices in halves and lay a slice of cheese on each escalope. Set a slice of ham on 4 escalopes, trimming the edges of the ham or cheese so they do not overlap the meat. Set the remaining escalopes, cheese side down, on top. Secure these sandwiches with toothpicks, coat them with seasoned flour, brush them with egg and coat with bread crumbs, pressing in the crumbs with a metal spatula. Refrigerate 1 or 2 hours.

In a skillet, heat the oil and butter until foaming and fry the escalopes over moderate heat for 4 to 5 minutes on each side until they are golden brown and the melted cheese holds the sandwiches together. Remove the toothpicks and serve with sauteed potatoes. Serves 4.

Joyce Malerman

VEAL SCALLOPINI A LA MARSALA

- 1 1/2 lb. boneless veal steak
- all-purpose flour
- salt and freshly ground black pepper
- 2 Tbsp. olive oil
- 1 Tbsp. butter
- 1/2 lb. mushrooms, sliced thin
- 1 clove garlic, finely minced
- 2 Tbsp. finely chopped parsley, preferably Italian
- 1 tsp. dried basil
- 1 c. peeled, seeded and chopped tomatoes
- 1/2 c. dry Marsala wine

Preheat oven to 350 degrees. Pound steak with mallet or the flat side of a heavy knife until thin. Cut the steak into 2 inch squares and dredge the squares in flour. Sprinkle with salt and pepper. Heat oil and butter in a skillet and brown the meat on all sides, then transfer it to a casserole. Add the mushrooms and garlic to the skillet and cook briefly. Add the remaining ingredients to skillet, then pour the mixture over the veal. Cover and bake for 45 minutes.

Joyce Malerman

AUNT MITZI'S VEAL ROLL-UPS

1 lb. veal scallops	1/2 c. flour
pepper	2 Tbsp. olive oil
1/4 lb. sliced prosciutto	2 Tbsp. butter
6 oz. chunk Mozzarella	1/2 lb. mushrooms
cheese	1/2 c. Madeira, Sherry or
string	Marsala

Pound veal and cut scallops in halves if too large. Make pieces large enough to roll up with ham and cheese in center. Pepper the veal. Put 1 slice of the prosciutto on each scallop and a chunk of cheese. Roll as tightly as possible and tie with string. Roll each scallop in flour and brown quickly in olive oil and butter. Transfer to a baking dish. Slice the mushrooms. Saute the mushrooms in the same pan that veal was browned in. Pour sauteed mushrooms over the veal in the baking dish. Deglaze the pan with the wine (pour the wine into the pan and scrape up all the flavorful coagulated cooking juices as the liquid simmers). Pour this wine sauce over the veal in the casserole. Bake in 350 degree oven for 15 to 20 minutes. Serves 6.

Sandy Fryer

EASY VEAL PARMIGIANA

1 1/2 lb. veal tenders	1 can meatless spaghetti sauce
1 can Sauce Arturo	3 pkg. shredded Parmigiana
	cheese

Brown the veal tenders lightly. Mix the 2 sauces and layer the sauce and meat in a baking dish. Cover and bake at 350 degrees for 45 minutes. Remove the cover and sprinkle the cheese on top. Return to the oven until the cheese is melted. Serve at once. Serves 4.

Phyllis Haas
Rhea Needle

SADIE'S CHICKEN SALAD

4 large chicken breasts	1 (#2 1/2) can water chestnuts
4 stalks diced celery	1 lb. seedless green grapes
1 (#2 1/2) can chunk	approximately 1/2 c. mayon-
pineapple, drained	naisse

Prepare boiled chicken as usual. Cool the chicken.

SADIE'S CHICKEN SALAD (Continued)

Remove skin and bones. Dice chicken into bite-size pieces. Slice drained water chestnuts. Mix all ingredients together lightly and enjoy. Salt to taste.

Sandy Fryer

CHICKEN MARENGO

chicken pieces for 4 people	2 cloves garlic
1/4 lb. mushrooms	1/4 c. parsley clusters
2 medium tomatoes	1 Tbsp. flour
1/4 c. dry white Vermouth	1 1/2 tsp. salt
1 large onion, quartered	1/4 tsp. pepper
	1/4 tsp. tarragon
	3 Tbsp. butter

In a large skillet, melt 3 tablespoons butter and saute the chicken until it is brown. Place chicken in baking dish.

Remove stems from the mushrooms. Saute the caps in the pan in which chicken was browned. Scatter sauteed caps over chicken in baking dish. Into the blender container, put the mushroom stems, tomatoes, Vermouth, onion, garlic, parsley, flour, salt, pepper and tarragon. Blend at high speed for 40 seconds. Pour this sauce over the chicken. Bake in oven at 350 degrees for 35 minutes.

Sandy Fryer

CHICKEN CONTINENTAL

chicken pieces for 4 or 4 people	1 Tbsp. chopped parsley
1/3 c. seasoned flour, optional	1 tsp. salt
1/4 c. butter or margarine	1/8 tsp. pepper
1 can cream of chicken soup	1/8 tsp. thyme
2 1/2 Tbsp. grated onion	1/2 tsp. celery flakes
	1 1/2 c. water
	1 1/3 c. Minute rice
	1/2 tsp. paprika

Saute floured chicken in butter or margarine; mix the soup and seasonings in saucepan. Stir in water. Simmer for 5 minutes, stirring until smooth. Place Minute rice in casserole (large enough so that chicken pieces may be placed on top without overlapping too much). Add all soup except 1/3 cup. Top with chicken pieces. Pour remaining soup over

CHICKEN CONTINENTAL (Continued)

chicken. Sprinkle with paprika. Cook in oven 40 minutes at 350 degrees in uncovered baking dish.

Sandy Fryer

CHICKEN TETRAZZINI

2 (2 lb.) chickens, cut up	1 c. heavy cream
1 c. chopped celery tops	2 Tbsp. dry Sherry
1/4 c. parsley, chopped	8 oz. fine noodles, boiled
1 small onion, sliced	1/2 c. dry bread crumbs
1/2 lb. mushrooms, sliced	4 Tbsp. grated Parmesan
8 Tbsp. butter	cheese
4 Tbsp. flour	salt and pepper to taste

Place chicken in pan with 3 cups of water, celery, parsley, onion and 2 teaspoons of salt. Boil. Cover, reduce heat and simmer 30 minutes or until tender. Remove chicken and cut meat from bones; put back bones and simmer broth 15 or 20 minutes more; strain broth. Saute mushrooms in 4 tablespoons butter and set aside. In the same skillet, melt the remaining butter; stir in the flour, 1/2 teaspoon salt and fresh ground peppercorns. Add the broth, stirring constantly, then add the cream and simmer until thick. Add mushrooms, chicken and Sherry to the sauce. Place noodles in a greased shallow baking dish; top with the chicken mixture, bread crumbs and cheese. Brown under the broiler. Serves 6.

Sandy Fryer

BARBECUED CHICKEN

1 (2 1/2-3 lb.) fryer	1 clove garlic (or more)
1/4 c. minced onion	1 small bottle chile sauce
2 Tbsp. sugar	1 tsp. salt
1/4 c. red wine vinegar	1/2 tsp. fresh pepper
1/4 c. Worcestershire	1/2 c. white Karo syrup
sauce	

Brown chicken in shortening; brown the onion. Mix in the remaining ingredients and pour over the browned chicken in a greased baking dish. Bake 1 1/2 hours at 325 degrees.

Joyce Malerman

CHICKEN A LA DULCIE

- 3 lb. chicken, cut up and coated with flour
- 1 large onion, sliced and ringed
- 1 (#2) can tomato juice (2 1/2 c.)
- 1 (3 oz.) can sliced mushrooms, drained
- 1 1/2 tsp. salt
- 1/4 tsp. pepper
- 3 Tbsp. oil

- Brown the chicken in the oil in a frying pan. Pour off the fat. Arrange the onion rings on top of the chicken. Add tomato juice, mushrooms and seasonings. Cover the pan.
- Simmer 1 to 1 1/2 hours until tender. Can also be cooked in a covered roasting pan in a 325-350 degree oven.

Dulcie Pomerantz

CREPES WITH CHICKEN AND MUSHROOMS

- 2 1/2 c. cooked chicken or turkey
- 4 Tbsp. butter
- 1 onion, chopped
- 1 lb. mushrooms, chopped
- 2 Tbsp. Sherry
- 14-16 (5 inch) crepes
- 3 c. Mornay Sauce (see Crepes with Asparagus in Mornay Sauce, page 114)
- freshly ground salt and pepper to taste
- 1/2 c. grated Swiss cheese for topping

- Cut the chicken or turkey into bite-size pieces. Heat the butter in a large skillet and saute the onion until clear.
- Add the mushrooms and cook for 2-3 minutes longer. Then add the Sherry and cook for 1 minute at high heat, stirring. Reduce to a low heat and add the chicken or turkey. Add 1 cup of Mornay Sauce and cook over a low heat, stirring, until the sauce thickens. Cool slightly.

- Put a spoonful or two of filling down the center of each crepe. Roll and turn seam side down. Place in a buttered baking dish. Pour the other 2 cups of Mornay Sauce over the filled crepes and sprinkle with the grated Swiss cheese. Bake for 15 minutes at 375 degrees. This freezes well. Defrost completely, then bake for 15 minutes at 375 degrees.

Joyce Malerman

SESAME CHICKEN

- 1 frying chicken, cut into eighths
- 1/2 c. sesame seed
- 1/2 stick butter or margarine

SESAME CHICKEN (Continued)

freshly ground salt	onion powder
freshly ground pepper	1 c. bread or cracker crumbs
garlic powder	paprika

Mix the bread crumbs, sesame seed and seasonings. Roll each piece of chicken in the mixture. Place in greased pan, skin side up. Dot with butter. Bake at 375 degrees for 30 minutes. Turn and bake 30 minutes longer.

Joyce Malerman

CHICKEN WITH MUSHROOMS IN WINE SAUCE

2 1/2-3 lb. fryer	1 pkg. onion soup mix
1 (10 1/2 oz.) can cream of mushroom soup	garlic powder
1 c. homemade chicken broth	onion powder
	1/4 c. white wine

Bake the chicken in a 350 degree oven to crisp the skin. Mix all of the other ingredients together. Pour over chicken. Bake 1 1/2 hours at 350 degrees.

Sondra Bank

BREASTS OF CHICKEN WITH WINE

1 double breast per person, boned and skinned	1/2 tsp. pepper
1/4 c. flour	1/2 c. butter
1/2 tsp. salt	1/2 lb. mushrooms, sliced
	1 c. cream (or milk)
	1/4 c. white wine

Place the chicken breasts in waxed paper. Pound until slightly flattened. Mix the flour, salt and pepper. Roll the chicken in the seasoned flour. In a large skillet, heat the butter; cook the chicken in the butter over a low heat until lightly browned on both sides. Add the sliced mushrooms. Cover and cook for another 10 minutes. Drain the excess butter. Add the cream. Simmer for 10 minutes. Transfer the chicken to a serving dish. Add the wine to the skillet. Bring to a rapid boil. Pour over the chicken and serve.

Lois Schwalb

CHICKEN AND DUMPLINGS

Chicken:

- 3 c. homemade chicken soup, strained
- 1/3 c. flour
- 1 c. flour
- the "soup chicken"

Dumplings:

- 2 c. sifted flour
- 3 tsp. baking powder
- 1/2 c. milk
- 1/2 tsp. salt
- 1/3 c. chicken fat

Simmer the chicken soup. After skimming off the fat, reserve 1/3 cup of the fat to use in the dumplings. To 1/3 cup of flour, slowly add the 1 cup of milk, stirring into a smooth paste. Add this to the simmering soup, stirring constantly. Let simmer for 5 minutes. Cut up the chicken and add to the sauce. Let bubble slowly.

Sift the dry ingredients for the dumplings together. Add the fat and milk until the flour is just moistened. Without forming into balls, drop by tablespoonfuls into the gently bubbling sauce. When all of the dumplings are in the pot, cover and cook for 20 to 25 minutes.

Marcia Halbert

CHICKEN CELESTE

- 1/3 c. flour
- 1 1/2 tsp. salt
- 1/8 tsp. pepper
- 1/4 tsp. paprika
- 1/4 c. shortening
- 1/2 c. onion, chopped
- 1/2 c. dry Sherry
- 1/4 c. water
- 1/4 c. mayonnaise
- 1/2 c. sour cream
- 2 Tbsp. parsley
- 2 1/2-3 lb. chicken

In a bag, combine the flour, salt, pepper and paprika. Add the chicken pieces, a few at a time, and shake to coat. Melt the shortening in a heavy skillet. Add the chicken pieces and brown on all sides. Add the onion, Sherry and water; cover and simmer about 1 hour. Remove the chicken to a hot platter. Blend mayonnaise and sour cream into pan juices; add the parsley, salt and pepper to taste. Heat through, but do not boil. Serve over the chicken.

Sheila Trachtenberg

SESAME CHICKEN-OVEN FRIED

1 frying chicken, cut up	1 c. bread crumbs
1/3 c. sesame seed	salt
1/2 stick oleo	garlic powder
pepper	paprika

Mix crumbs, sesame seed and seasonings. Roll each piece of chicken in mixture (on waxed paper). Place on a greased pan, skin side up. Sprinkle with paprika. Dot each piece with margarine. Bake at 375 degrees for 30 minutes. Turn once and bake 30 minutes longer.

Millie Fishman

STUFFING FOR POULTRY

2-3 c. parve bread crumbs	2 medium onions
3 stalks celery	3 carrots
2 eggs	1/2 tsp. garlic powder
1 tsp. salt	1/8 tsp. pepper
2 Tbsp. chicken fat	1 or 2 chicken livers or 1 turkey liver

Broil liver on both sides with salt and pepper. Set aside to cool. Put all vegetables and seasoning in blender until it becomes liquid. Pour into large bowl. Add liver to last batch in blender and mix all well. Add bread crumbs. Let set a while. Ready to use.

Verna Steinman

CHERYL'S APRICOT GLAZED CHICKEN (A Great Buffet Dish)

1 bottle Wish-Bone red Russian dressing	garlic powder to taste
3/4 jar (1 c.) apricot jam	salt to taste
1 pkg. Lipton onion soup mix	1 can cherries, drained, optional
2/3 c. water or chicken stock	3 1/2 lb. chicken

Mix all of the ingredients together. Pour over the chicken in a baking pan. Bake at 325 degrees for 2 hours, basting every 15 minutes or so.

Joyce Malerman

CHICKEN JUBILEE

- 2 broiler-fryers, cut up, or 4 chicken breasts, split
- 1 (#303) can (16 oz.) dark pitted sweet cherries in syrup
- 1 c. chopped onions
- 1/2 c. raisins
- 1/3 c. brown sugar
- 1 (12 oz.) bottle chili sauce
- 1/2 tsp. Worcestershire sauce
- 1 c. Sherry wine

- Brown chicken in large skillet in small amount of oil. Drain cherries, reserving syrup. Combine onions, raisins, sugar, chili sauce, Worcestershire sauce and syrup from the cherries. Pour over chicken, cover and simmer 1 hour.
 - Add cherries and Sherry wine; cook 30 minutes longer or until chicken is tender. Serve over hot rice. Makes 8 servings.
- Sandy Fryer's Sister, Ellen

CALIFORNIA CHICKEN

- 2-3 lb. chicken parts
- 1/2 tsp. salt
- 1 can thawed frozen orange juice
- 1 c. flaked crumbs
- 1/4 tsp. crushed oregano
- 1 c. water
- 1 c. chopped onion

- Combine orange juice, water and onion in shallow bowl. Add chicken. Marinate 2 hours or more. Mix together crumbs, salt, pepper and oregano. Coat chicken with mixture. Arrange skin side up in shallow baking dish. Pour marinade around chicken. Bake at 350 degrees for 1 hour. Do not cover or turn chicken. Arrange on bed of rice and pour pan drippings over.

Rhea Needle

CHICKEN BREASTS VALDOSTANA

- 3 or 4 chicken breasts, boned and split; hence 6 to 8 halves
- 2 Tbsp. butter or margarine
- 1/2 lb. mushrooms
- 1/4 lb. Mozzarella cheese
- 1/3 c. dry Vermouth
- 1/2 c. chicken broth
- 1 Tbsp. brandy
- salt and pepper
- 1/2 c. flour

- Split, bone and remove fat from breasts. Pound each breast to flatten. Dip each breast lightly in flour. Brown lightly 5 minutes on each side in 2 tablespoons hot butter. Place in baking dish and season lightly with salt and pepper.

CHICKEN BREASTS VALDOSTANA (Continued)

Place on each piece thinly sliced mushrooms and Mozzarella cheese. To pan in which chicken was sauteed, add wine, broth and brandy. Heat and stir; simmer about 5 minutes. Pour sauce over breasts. Bake at 375 degrees for 15 minutes.

Same process may be used with veal cutlets.

Sandy Fryer

CHICKEN BREASTS A LA PARMIGIANA

2 whole chicken breasts	2 eggs, lightly beaten
1/2 c. all-purpose flour	3/4 c. bread crumbs
1/4 tsp. freshly ground nutmeg	1/4 c. grated Parmesan cheese
salt and fresh pepper	1/3 c. melted butter
	4 lemon wedges

Have chicken breasts split in halves and boned; remove and discard skin. Season the flour with nutmeg, salt and pepper to taste. Dredge breasts lightly in flour mixture. Dip breasts in eggs, in in mixture of bread crumbs and Parmesan cheese. Brown on all sides in melted butter and serve hot with lemon wedges. Makes 4 servings.

Faith Zipper

CHICKEN PARMESAN

1 chicken (3 lb.), cut in eighths	1/4 c. heavy cream, warm
freshly ground salt and black pepper	1/4 tsp. nutmeg, optional
4 1/2 Tbsp. butter	1/2 c. grated Swiss or Gruyere cheese
1 1/2 Tbsp. flour	1/2 c. grated Parmesan cheese
3/4 c. milk, warm	2 Tbsp. bread crumbs

Sprinkle chicken parts with salt and pepper; brown on all sides in 3 tablespoons of the butter. Takes about 20 minutes. Preheat oven to 350 degrees.

Melt remaining butter in a saucepan and stir in flour; blend well and cook 2 minutes. Remove from heat and add warm milk and cream slowly, stirring constantly with wire whisk. Return to heat; bring to boil. Mixture should be smooth and thick. Remove from heat and add nutmeg and Swiss or Gruyere cheese. Sprinkle baking dish with 1/2 Parmesan cheese and arrange chicken over it. Spoon the sauce over the chicken and sprinkle with remaining Parmesan cheese and the

CHICKEN PARMESAN (Continued)

bread crumbs. Bake until golden brown. Serves 4.

Joyce Malerman

TURKEY CASHEW CASSEROLE

- | | |
|----------------------------------|--|
| 1 (3 oz.) can Chinese
noodles | 1/2 c. chopped scallions |
| 2 c. diced, cooked
turkey | 1 (10 1/2 oz.) can condensed
cream of mushroom soup |
| 1 c. chopped celery | 1/2 c. chicken broth |
| 1 c. cashew nuts | 2 tsp. soy sauce |

Preheat oven to 325 degrees. Grease a 1 1/2 quart casserole. Put aside 1/2 cup of the noodles. Place the remaining noodles into a mixing bowl. Add turkey, celery, nuts and scallions together. Toss this mixture lightly. In another small bowl, blend soup, broth and soy sauce until smooth. Pour over the turkey mixture and mix together well. Turn into the casserole, sprinkle with reserved noodles and bake in preheated oven for 30 minutes. Serves 4.

Joyce Malerman

HOLIDAY TURKETTI

- | | |
|---|---|
| 2 1/2 c. (1/2 lb.)
spaghetti, cut into
2 inch long pieces | 1 c. turkey or chicken broth |
| 3 or 4 c. diced, cooked
turkey | 2 c. condensed cream of
mushroom soup |
| 1/2 c. minced green
pepper | 1/4 tsp. celery salt |
| 1/2 c. minced pimento,
optional | 1/2 tsp. pepper |
| | 1 small onion, grated |
| | 3 c. grated natural sharp
cheese (3/4 lb.) |

The day before serving, cook the spaghetti until barely tender. Drain and rinse. Drain well. Combine spaghetti with the remaining ingredients, reserving 1 cup of the grated cheese. Mix well. Taste for seasoning and adjust if necessary. Pour into a 3 quart casserole or 2 smaller ones. Sprinkle the remaining cheese over the top; refrigerate.

To serve, bake casserole, covered, at 350 degrees for 1 hour or until heated through. Serves 8 to 10.

FILLING FOR CHICKEN

2 medium onions, diced	3 eggs
2 stalks celery	salt and pepper to taste
4 Tbsp. chicken fat (or butter or margarine)	1 chicken liver, cooked
2 carrots, grated	6 moistened slices bread, cut into cubes

Saute the onions and celery in the chicken fat. Mix the eggs with the grated carrots, salt and pepper. Add sauteed mixture. Grate the chicken liver into the mixture; add cubed bread. You can also add mushrooms or grapes in season. As with any filling, remove from the cavity of the bird as soon as it is out of the oven.

Lois Schwalb

SHANGRI LA DUCK

Duck:

1 duck	Hun Lew Chinese seasoning
oil	(from Chinese grocery store)
water	flour
salt	2 eggs

Sweet and Sour Sauce:

1/2 c. vinegar	8 c. boiling water
1 c. sugar	pineapple
juice of 2 lemons	lychee nuts
juice of 2 oranges	cherries
1 c. tomato catsup	cooking Sherry
1 slice crushed ginger root	cornstarch

Marinate the whole duck in oil for 1/2 hour, then fry in hot oil until golden brown. This will take about 10 to 15 minutes. Remove the duck and set aside. Save the oil in the frying pan.

In a pot, boil salted water. Add the Chinese Hun Lew tied in a cotton bag. Boil for 5 minutes. Discard the seasoning. Add the duck to the boiling seasoned water and cook for 1/2 hour. Cool the duck. Refrigerate until the meat is solid. Split the duck in half and bone. Coat with the flour and egg; put back into the hot oil for frying.

Boil the 8 cups of water. To the boiling water, add the lemon juice, orange juice and ginger. Boil down to 4 cups.

SHANGRI LA DUCK (Continued)

- Add the vinegar, sugar and catsup. Add cooking Sherry to taste. Stir in just enough cornstarch to thicken the sauce. Add the duck, pineapple, lychee nuts and cherries. Serves 4.
- To serve the duck flaming, pour 100 proof bourbon, or any other 100 proof alcohol, into half a lemon shell; ignite. Pour over the duck.

Mildred Berk

DUCK A LA ORANGE

- | | |
|---------------------|-------------------------------|
| ■ 1 (4-5 lb.) duck | salt and pepper |
| ■ 1/2 c. white wine | 2 oranges |
| 1 Tbsp. sugar | 1 Tbsp. vinegar |
| juice of 1/2 lemon | 1 c. water |
| ■ 1 bouillon cube | 1 orange, sliced, for garnish |

- Roast the duck for 20 minutes in 450 degree oven.
- Pour off the fat. Lower the oven heat to 350 degrees. Sprinkle the duck with salt and pepper; baste with the wine. Roast until the duck is tender. While the duck is roasting, prepare the sauce. Grate the skin of the oranges. Combine the sugar and vinegar; bring to a boil. Add the juice of the oranges, lemon juice, water with the bouillon cube, and the grated orange skin. Disjoint the duck and arrange on a platter.
- Remove all the fat from the roaster in which the duck was roasted and add all the brown juice left in the roaster to the orange sauce. Pour the sauce over the duck. Garnish with
- orange slices. Serves 4.

Rhea Needle

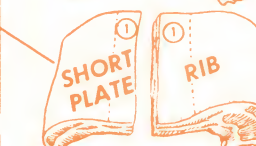
Meat Cuts and How to Cook Them

BEEF CHART

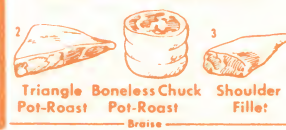
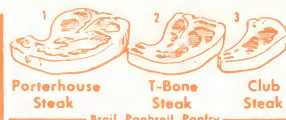
Retail Cuts



Wholesale Cuts



Retail Cuts



* Prime and choice grades may be broiled, panbroiled or panfried

Meat Cuts and How to Cook Them

VEAL CHART

Retail Cuts



Standing Rump Roast Rolled Rump Roast

— Roast or Braise —



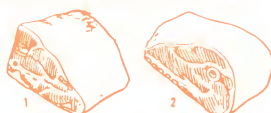
— Braise or Panfry —



Crown Roast Rib Roast

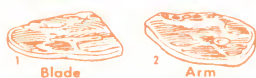
Rib Chop
(Frenched)

— Roast — ● — Braise or Panfry — ● — Roast —



Blade Roast Arm Roast

— Roast or Braise —



Blade Steak Arm Steak

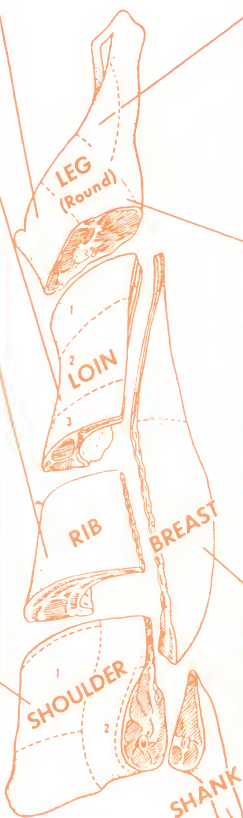
— Braise or Panfry —



Roll Shoulder Roast City Chicken

— Roast or Braise — ● — Braise, Panfry —

Wholesale Cuts



Retail Cuts



Heel of Round Hind Shank

— Braise or Cook in Liquid —



Round Steak (Culet) Leg (Round) Center-Cut Roast

— Braise or Panfry — ● — Roast or Braise —



Scallops Rosettes

— Braise or Panfry —



Breast

— Roast, Braise, Cook in Liquid —



Mock Chicken Legs Loaf

— Braise or Panfry — ● — Roast (Bake) —



Ribs Stew Meat

— Braise or Cook in Liquid —



Fore Shank Patties

— Braise, Cook in Liquid — ● — Braise or Panfry —

NATIONAL LIVE STOCK AND MEAT BOARD



Low Calorie Recipes



LOW CALORIE RECIPES

COTTAGE CHEESE DIP

- 1 c. cottage cheese, creamed
- 1 thin slice onion
- 1 strip green pepper, seeded
- 1/4 tsp. garlic salt
- 2 Tbsp. lemon juice
- 1/4 tsp. celery salt
- ground pepper to taste
- 1 tsp. Worcestershire sauce
- dash Tabasco sauce

Put the ingredients into the blender container. Cover and blend for 10 seconds. Yields 1 1/4 cups. Approximately 10 calories per tablespoon.

Debbie Seidman

QUICHE LORRAINE

Low Calorie Pastry:

- 1/2 c. sifted all-purpose flour
- 1/4 tsp. salt
- 1/4 tsp. baking powder
- 1/4 c. diet margarine

Filling:

- 2 eggs, lightly beaten
- 4 oz. lean boiled ham, shredded
- 3 oz. process Gruyere cheese, shredded
- 1 (13 oz.) can evaporated skim milk
- 2 tsp. parsley flakes
- 1/2 tsp. salt
- pinch cayenne pepper

Combine the flour with salt and baking powder in a mixing bowl. Cut in the diet margarine with a pastry blender until the mixture leaves the sides of the bowl. Shape dough into a bowl; wrap in foil and chill for 1 hour. Roll dough out on a lightly floured pastry cloth with a stockinette-covered rolling pin. Fit it into a 7 1/2 inch pie plate. Turn pastry under and flute the edge.

Now, combine the eggs, ham, cheese, evaporated milk, parsley flakes, salt and cayenne pepper. Stir to mix. Pour the mixture into the pie shell. Bake in hot oven, 400 degrees, about 10 minutes. Lower the oven heat to 350 degrees and bake 20 minutes longer or until a knife inserted near the center of the Quiche comes out clean. Cool 10 minutes on rack, then serve. Serves 6. Approximately 250 calories per serving.

Debbie Seidman

LOW CALORIE GAZPACHO

(A Refreshing Liquid Salad-Soup)

1 or 2 cloves garlic	1/8 tsp. salt
1 medium onion	1/8 tsp. cayenne pepper
1 cucumber, peeled	1/4 c. tomato juice
1 (1 lb.) can or 3 tomatoes, peeled	1/4 c. ketchup
1 green pepper, seeded	dash hot sauce, optional

Cut up all vegetables and put in blender jar. Add the rest of the ingredients and blend at high speed. Chill. Serve ice cold with garlic croutons. You may also garnish with chopped cucumber, onion and green pepper just before serving or pass around small bowls of your garnishes so that your guests may make their own choices.

Sandy Fryer

SHRIMP AND GREEN PEAS

2 Tbsp. vegetable oil	1 c. canned tiny green peas, drained
1 1/2 lb. raw shrimp, shelled and cleaned	2 tsp. cornstarch
3 green onions, sliced thin	1 tsp. salt
1 (1 inch) piece fresh ginger or 1 1/2 tsp. powdered ginger	1 tsp. low calorie granulated sugar replacement
2 cloves garlic, minced	2 tsp. soy sauce
	1/2 c. cold water

Heat the oil in a skillet; lightly brown the shrimp on both sides. Add the onions, ginger, garlic and peas. Cook over low heat for 2 minutes. Mix the cornstarch, salt, sugar replacement, soy sauce and water until smooth; pour over the shrimp mixture. Stir constantly to the boiling point; cook for another 2 minutes. Taste for seasoning and serve immediately. Serves 6. Approximately 165 calories per serving.

Joyce Malerman

SOLE BONNE FEMME

1 lb. fresh or frozen fillets of sole, flounder or perch	1/2 c. dry Sherry
1 (20 oz.) can sliced mush- rooms	1/2 tsp. salt
2 Tbsp. instant minced onion	paprika
	pinch white pepper
	1 Tbsp. parsley flakes

SOLE BONNE FEMME (Continued)

- 1/2 c. evaporated skim milk
- 1 Tbsp. all-purpose flour

Thaw the frozen fish fillets. Pour the mushrooms, including the liquid, into a shallow 6 cup baking dish. Sprinkle the fish with the minced onion. Place the fillets in the baking dish on top of the mushrooms, folding the pieces of fish where needed to fit in the dish. Pour the wine over the fish; sprinkle with the salt, pepper and parsley flakes. Bake in a very hot oven, 450 degrees, for 10 minutes, covered with waxed paper and a lid.

Carefully, holding the lid on the baking dish, drain as much of the liquid as you can into a small saucepan. Cook quickly over high heat until the liquid is reduced by half. Combine the evaporated skim milk with the flour; stir into the fish liquid. Cook, stirring constantly, until the sauce thickens and bubbles. Pour the sauce over the fish; sprinkle with paprika. Place the fish under the broiler for about 3 minutes or until lightly browned and bubbly. Serves 4. Approximately 135-145 calories each.

Debbie Seidman

LINGUINE WITH CLAM AND TOMATO SAUCE

- 1 medium size onion, minced
- 1 Tbsp. olive oil
- 3 Tbsp. capers, drained
- 1 lb. fresh tomatoes, peeled, seeded and chopped
- 2 (7 1/2 oz.) cans chopped clams
- coarse black pepper
- 1 lb. linguine, cooked al dente, according to package directions
- 1/4 c. minced parsley
- freshly grated Parmesan cheese

In a heavy saucepan, saute the onion in the oil until the onion is golden. Add the capers and tomatoes; simmer, covered, for 30 minutes. Stir in the clams, salt and pepper to taste. Mix the sauce with the hot linguine. Sprinkle the parsley on top. Serve the cheese separately. Serves 6. Approximately 325-345 calories per serving.

Joyce Malerman

FISH IN FOIL

- 1 lb. fillet of haddock
- 1 lemon, seeded, cut up with or without peel
- 1/2 clove garlic
- 1 stalk celery, cut up

FISH IN FOIL (Continued)

1 Tbsp. Worcestershire sauce	1 tsp. horseradish dash Tabasco sauce
1 tsp. oregano	1/2 c. evaporated skim milk
1 tsp. parsley flakes	

Put all of the ingredients except the fish into blender container. "Blend" for 15 seconds or until well chopped. Cut the fish into individual servings and wrap in foil, or lay the whole fillet on double wrap foil. Before closing the foil, spoon the mixture over the fillet. Close tightly. Bake in preheated 325 degree oven for 45 minutes or you can bake it on an outdoor grill. Set on medium-hot coals and bake for 1 hour, turning once. Serves 4. Approximately 150 calories per serving.

Debbie Seidman

CRAB COQUILLES

1 egg	1 Tbsp. minced parsley
3 Tbsp. sour cream	1 Tbsp. minced chives
1 1/2 Tbsp. mayonnaise	salt
2 tsp. prepared mustard	1 1/2 lb. lump crabmeat, cartilage removed

Beat egg lightly and then stir in the sour cream, mayonnaise, prepared mustard, parsley and chives. Add salt to taste. Pour the sauce over the crabmeat, toss lightly and spoon the mixture into 6 large clams or scallop shells. Bake the Coquilles in the oven preheated to 400 degrees for 12 to 15 minutes or until bubbly hot. Serves 6. Approximately 150-175 calories per serving.

Joyce Malerman

SALMON MOLD

1 lb. canned salmon	1 1/2 Tbsp. sugar
1 envelope unflavored gelatin	dash freshly ground white pepper
1/4 c. cold water	1/4 c. vinegar
1 egg, beaten	1 c. skim milk
1 tsp. prepared mustard	2 large heads endive, sliced
1/2 tsp. salt	

Place the salmon in a colander and pour boiling water over it, then drain. Remove the skin and bones; flake salmon.

SALMON MOLD (Continued)

Soak the gelatin in the cold water. In a saucepan, mix the egg, mustard, salt, sugar, pepper and vinegar. Add the skim milk and cook over very low heat, stirring constantly, until the custard coats the spoon. Remove from the heat; add the gelatin and stir until dissolved. Add the flaked salmon. Pour the salmon mixture into a 4 cup mold or a fish mold that has been rinsed with cold water. Chill until set.

Run the tip of a small sharp knife around the inside of the mold; hold the bottom of the mold in hot water for a few seconds and unmold onto a serving platter on which you have arranged a bed of sliced endive. Serves 6. Approximately 115-125 calories per serving.

Joyce Malerman

CALVES LIVER AND MUSHROOMS

1 1/2 lb. calves liver	1 Tbsp. cornstarch
2 Tbsp. oil	freshly ground pepper
4 oz. sliced mushrooms	parsley
onion powder	dried chopped onions
garlic powder	Worcestershire sauce
1 can beef broth	homemade chicken broth

Saute the liver in the oil 2 minutes on each side. Pour off the oil. Remove the liver to paper towels. Put mushrooms into the pan; brown with the onion powder and garlic powder. Put the liver back into the pan. Add the beef broth mixed with the cornstarch. Add freshly ground pepper, parsley, dried chopped onions and Worcestershire sauce. Add some homemade chicken broth if the mixture gets too thick. Serve over steamed rice or noodles. Approximately 200 calories per serving.

Joyce Malerman

LO MEIN

2 Tbsp. peanut oil	1 c. water chestnuts, sliced
2 onions, sliced	1/2 c. bamboo shoots, sliced
3/4 lb. mushrooms, sliced	3 Tbsp. soy sauce
2 c. sliced celery	1 Tbsp. cornstarch
1 1/2 c. chicken broth	3 c. sliced, cooked chicken (or turkey)
1 c. bean sprouts	3 c. cooked fine egg noodles

LO MEIN (Continued)

Heat the peanut oil in a skillet. Add the onions and saute 10 minutes, stirring frequently. Add the sliced mushrooms, celery and chicken broth. Cook over low heat 5 minutes. Add the bean sprouts, water chestnuts and bamboo shoots; cook 3 minutes. Mix the soy sauce and cornstarch. When smooth, add to the skillet and cook, stirring constantly, until thickened. Mix in the chicken and heat through. Correct seasoning. Serve over the noodles. Serves 6. Approximately 220 calories per serving.

Joyce Malerman

BROCHETTE OF CHICKEN LIVERS

1 tsp. soy sauce	2 chicken livers
1 tsp. salad oil	2 large shrimp, cleaned and deveined
1/4 tsp. garlic powder	1/4 tsp. salt
3 medium-large firm mushrooms	dash white pepper

Mix the soy sauce, salad oil and garlic powder. Brush the mushrooms, livers and shrimp with the mixture and thread them on a skewer, starting and ending with a mushroom, and alternating the livers and shrimp. Do not push the ingredients too close together or they will not have space to cook properly. Sprinkle with salt and pepper to taste. Grill over hot coals or broil about 3 inches from the source of heat, allowing 2 to 3 minutes on each side, or until the livers feel firm to the touch. Serves 1. Approximately 120-130 calories per serving.

Joyce Malerman

BIFTECK MARCHAND DE VINS (Skillet Steak in Red Wine Sauce)

2 lb. flank steak	1/2 tsp. poultry seasoning
2 tsp. all-purpose flour	1 Tbsp. parsley flakes
1/2 c. chopped green onions	1/2 tsp. salt
1 Tbsp. lemon juice	1/8 tsp. pepper
1 c. dry red wine	

Trim all fat from steak; score both sides with shallow crisscross cuts. Scoring keeps the steak from shriveling and curling as it cooks. Place the steak in a cold non-stick skillet. Place over moderate heat. The meat will heat gradually and begin to brown in its own melting fat. Brown on both sides.

BIFTECK MARCHAND DE VINS (Continued)

Sprinkle each side of steak with 1 teaspoon of the flour; turn several times so the flour is completely moistened with pan juices. Add green onions, lemon juice, wine, poultry seasoning and parsley. Cook steak, turning frequently, only until rare medium (pink) inside. Remove to warm serving platter; sprinkle with salt and pepper. Continue simmering sauce until thickened. Slice steak diagonally against the grain. Serve at once with sauce. Serves 8. Approximately 178 calories per serving.

Debbie Seidman

BOEUF A LA MODE

Slimmed down and simplified, here's a make-ahead main course for the homemaker on the go. The two-step cooking technique helps cut calories - improves the flavor and tenderness, too.

1 tsp. salt	1 Tbsp. parsley flakes
1/4 tsp. pepper	1 tsp. leaf thyme, crumbled
4 lb. top or bottom round	1 bay leaf
roast of beef	1 (1 lb.) can small white
1 Tbsp. butter or margarine	onions, drained
3 c. dry red wine	1 (1 lb.) can carrots,
1 c. tomato juice	drained

Rub salt and pepper into beef. Heat butter or margarine in a Dutch oven. Brown the meat slowly over medium heat, turning frequently to brown all sides well. Add wine, tomato juice, parsley flakes, thyme and bay leaf to Dutch oven. Bring to boiling; lower heat. Cover and simmer over very low heat about 3 hours or until meat is tender. Remove from heat; cool. Refrigerate several hours or overnight.

About 20 minutes before serving time, remove pot roast from refrigerator. Carefully remove hardened fat. Heat to boiling; add vegetables. Cover, lower heat and simmer 20 minutes or until meat is heated through. Remove meat to a serving platter with vegetables; keep warm. Simmer liquid, uncovered, until reduced by half. Remove bay leaf. Serve sauce with meat. Approximately 300 calories for each 3 ounce serving.

Debbie Seidman

BECHAMEL SAUCE

2 Tbsp. liquid skim milk	1/4 tsp. butter-flavored salt
1 c. low-fat cottage cheese	dash nutmeg
1/8 tsp. onion powder	pinch leaf thyme, crumbled

Combine skim milk and low-fat cottage cheese in container of electric blender. Blend at high speed until mixture is smooth and creamy. The consistency will be very thick. Turn cottage cheese mixture into a small heavy saucepan; cook over very low heat, stirring constantly, until sauce is hot. Stir in onion powder, butter-flavored salt, nutmeg and thyme. Do not let sauce approach boiling point or it will curdle. Makes 1 cup. Approximately 10 calories per tablespoon. Can be used over chicken, fish or vegetables.

Debbie Seidman

MAIN COURSE CREPES

1 c. Sauce Au Vin Blanc	1 c. minced, cooked chicken
4 crepes	breast, turkey, fish, or drained water-packed tuna, lobster or crabmeat

Combine 1/2 cup Sauce Au Vin Blanc with chicken or seafood. Spoon mixture evenly into the crepes. Roll up and place seam side down in 2 individual shallow baking dishes (2 crepes per dish). Cover dishes with foil. Bake in moderate oven, 350 degrees, 10 minutes. Heat remaining sauce gently; spoon over crepes. Approximately 300 calories per serving.

Sauce Au Vin Blanc (White Wine Sauce):

1 c. evaporated skim milk	pinch butter-flavored salt
1 egg yolk	dash cayenne
2 Tbsp. dry white wine	

Combine evaporated skim milk, egg yolk, wine, salt and cayenne in a small heavy saucepan. Beat with wire whisk to blend. Cook over very low heat, stirring constantly, just until sauce thickens enough to coat a spoon. Do not let sauce approach boiling point or it will curdle. Makes 1 cup at 15 calories per tablespoon.

Debbie Seidman

SWEET AND PUNGENT SQUABS

3 squabs, Cornish hens or small broilers, split	6 coriander seeds
1 1/2 tsp. salt	1/2 c. vinegar
1 tsp. minced garlic	1/2 c. water
1 Tbsp. peanut oil	2 Tbsp. soy sauce
1 Tbsp. low calorie granulated sugar	1/2 tsp. pepper
replacement	2 onions, sliced thin
	2 green peppers, diced
	3 tomatoes, cut into eighths

Wash and dry the birds; sprinkle with the salt and garlic. Grease baking pan with the oil and arrange the birds in it. Broil in a hot broiler 10 minutes on each side. Make sure they are tender. While they are broiling, prepare the sauce.

In a saucepan, mix the cornstarch, sugar replacement and vinegar until smooth. Cook over low heat, stirring constantly, until mixture reaches the boiling point. Add the water. Stir in the soy sauce, pepper, onions, green pepper, tomatoes and coriander seeds. Cook over low heat 10 minutes. Pour over the birds and serve. Serves 6. Approximately 130 calories per serving.

Joyce Malerman

POULET AU PORTO (Chicken in Port Wine Sauce)

A slimmed-down version of a fabulous main course from the famous Paris restaurant. The sauce is thickened with high-protein egg yolk instead of flour. And we've replaced the heavy cream with canned evaporated skim milk.

1 broiler-fryer, cut up (2 1/4 lb.)	1 tsp. salt
1 (4 oz.) can mushroom caps	1/8 tsp. pepper
3/4 c. white Port wine	dash cayenne
	1 c. evaporated skim milk
	1 egg yolk

Rinse and dry chicken pieces; arrange skin side down in a cold non-stick skillet. Heat over medium heat, allowing chicken to brown in its own melting fat. Drain off accumulated fat. Add mushrooms with liquid, wine, salt, pepper and cayenne to chicken. Bring to boiling, cover, lower heat and simmer 45 minutes or until chicken is tender. Remove chicken to a serving platter and keep warm. Skim fat from

POULET AU PORTO (Continued)

liquid. Beat evaporated milk with egg yolk just until blended; stir into liquid. Stir over lowest heat until sauce thickens just enough to coat spoon. This may take as long as 15 minutes, but it must not boil or it will curdle. Serve with chicken. Serves 4. Approximately 290 calories per serving.

Debbie Seidman

VEAL IN THE MANNER OF RESTAURANT LASSERRE

6 Crepes	1/2 lb. mushrooms, sliced
1 Tbsp. oil	very thin
4 Tbsp. butter	a sprinkling of lemon juice
6 pieces veal cutlet, 1/3 inch thick, each weighing about 1/4 lb.	4 shallots, peeled and minced, or scallions
3/4 tsp. salt	1/2 tsp. Lawry's seasoned salt
1/8 tsp. white pepper	1/4 c. dry Sherry
	1/4 c. grated Swiss cheese

Make 6 Crepes (below). In a heavy skillet, melt the oil and 1 tablespoon of the butter over medium-high heat. Brown the meat quickly on both sides; reduce the heat to medium and continue cooking for 2 minutes on each side or until the meat is cooked through but not dry. Remove the meat from the pan; sprinkle with salt and freshly ground pepper. Set aside. Melt an additional tablespoon of butter in the skillet; add the sliced mushrooms, sprinkling of lemon juice and shallots; cook, stirring constantly, for about 4 minutes or until almost all of the liquid has evaporated. Add the seasoned salt and Sherry. Spread a portion of this mushroom duxelles on the center of each Crepe, place a slice of veal on top and cover with remaining duxelles. Fold over the sides of the Crepes and place them side by side and seam side down in a single layer in a shallow ovenproof dish that can come to the table. Sprinkle the cheese over the Crepes and dot with remaining 2 tablespoons butter. Bake in preheated 450 degree oven 10 to 15 minutes or until the cheese is bubbling and slightly golden.

Crepes:

1 egg	1/4 c. sparkling water or
1/4 c. flour	plain water
1/4 c. milk	about 1 Tbsp. butter for frying

Beat the egg; add the flour and then beat again.

VEAL IN THE MANNER OF RESTAURANT LASSERRE (Continued)

Gradually pour in the milk and water; continue beating until the batter is smooth. It is best, though it is not essential, to prepare the batter an hour or so before you make the Crepes, to allow the flour to absorb all of the liquid it can. If you do let the batter rest, you may notice that the batter seems thicker after standing, then add a spoonful of milk if necessary to thin the batter slightly.

Heat a heavy 6 to 7 inch skillet over high heat until a speck of butter sizzles when dropped in. Brush the bottom of the pan with just enough butter to coat it. Ladle out about 2 tablespoons of batter (about 1 cooking spoon full) into the pan, tilting it so that the batter covers the bottom. Fry until slightly brown on the bottom and dry on top. Turn with a spatula or your fingertips, then fry the other side 20 or 30 seconds, then tip out onto a board. Repeat until batter is used up. This may be completed well in advance of assembling the finished dish. Serves 6. Approximately 300-325 calories per serving.

Joyce Malerman

STUFFED BREAST OF VEAL

Approximately 300 calories per serving. For each serving, allow 2 ribs and 4 tablespoons stuffing.

1 breast of veal	1 slice white bread, trimmed and cubed
1 Tbsp. butter or margarine	3 gherkins, diced
2 onions, minced	3 tsp. freshly ground black pepper
1/2 lb. mushrooms, sliced	1 tsp. paprika
1 c. shredded cabbage	1/2 c. canned beef broth
	3 tsp. salt

Have a pocket made in the veal breast for stuffing. Melt the butter in a skillet. Add onions, mushrooms and cabbage; saute for 10 minutes. Mix in the bread cubes, gherkins, 1 teaspoon of the salt and 1/4 teaspoon of pepper. Mix remaining salt and pepper with paprika and rub into the veal. Fill the pocket with the sauteed stuffing and close the opening with skewers, thread or toothpicks. Put the veal in a roasting pan and roast in a 375 degree oven for 30 minutes. Reduce heat to 350 degrees, add beef broth and roast for 2

STUFFED BREAST OF VEAL (Continued)

hours longer or until tender; baste frequently. Add a little water if the pan becomes dry.

Joyce Malerman

LOW CALORIE EGGPLANT PARMIGIANA

1 small eggplant	1 c. water
1 (10 oz.) can peeled tomatoes	salt and pepper to taste
1 (6 oz.) can tomato paste	onion (minced or powder) to taste
2-3 oz. Mozzarella cheese, sliced	garlic to taste
	basil to taste
	oregano to taste

Peel and slice eggplant (not too thin). Broil slices a few minutes on each side until brown. Place slices in a baking dish. Cook tomatoes, tomato paste, water, salt, pepper, onion and garlic for 3/4 hour over low flame, stirring occasionally. Add basil and oregano; cook 5 minutes longer. Pour sauce over eggplant. Top with slices of Mozzarella cheese and bake at 375 degrees for 15 minutes.

Sandy Fryer

ZUCCHINI WITH POPPY SEED

1/2 c. chopped onion	freshly ground coarse black pepper
1 Tbsp. vegetable oil (not olive oil)	1 1/2 lb. tender young zucchini
1/2 tsp. salt	3 Tbsp. sour cream
1/2 tsp. poppy seed	

Saute the chopped onion in the oil in a covered heavy saucepan over low heat for about 20 minutes. Do not allow the onion to brown. Add salt, paprika, almost all of the poppy seed, and freshly ground pepper to taste. Trim off the ends of the zucchini and cut them into 1/2 inch thick slices. Simmer, covered, over low heat for 15 to 20 minutes or until tender, stirring occasionally. If the vegetable has drawn much water, uncover and cook rapidly for a few minutes to evaporate the excess liquid. Transfer the zucchini to a serving bowl, spoon the sour cream on top and sprinkle with remaining poppy seed. Serves 6. Approximately 55 to 65 calories per serving.

Joyce Malerman

LOW-CALORIE SQUASH

2 summer squash	1 c. water
1 zucchini	1 tsp. bouillon
salt	2 tsp. butter or oleo (can use
white pepper	diet oleo)

Wash and slice squash and zucchini. In a medium saucepan, place water, bouillon, pinch of salt (some bouillon tends to be salty) and pepper to taste. Add squash and zucchini. Cook 30 minutes or until tender. Remove with slotted spoon and season with salt and pepper. Add butter and serve. Serves 4 to 5.

Harriett Rudolph

CREPES SOUFFLES VERT GALANT

1 basic crepe recipe	3/4 c. milk
2 1/2 Tbsp. flour	3 eggs, separated
2 1/2 Tbsp. sugar	1/2 tsp. vanilla extract
1/8 tsp. salt	confectioners sugar
	Grand Marnier

Spread the 6 crepes on a board or working surface, speckled side up. Mix the flour, sugar and salt in a saucepan. Gradually add the milk and cook over low heat, stirring constantly, until thick. Remove from heat; mix in egg yolks and replace over the heat for a minute or so until the mixture is just about to boil. Remove from heat again and stir in the vanilla. (Preparation up to this point may be done in advance.)

Shortly before serving time, beat the egg whites until stiff but not dry and fold them into the custard. Spoon a portion of this souffle mixture down the center of each crepe, roll the crepes up very loosely and place them seam side down on a well-buttered baking sheet. Bake them in preheated 400 degree oven for about 5 minutes so that the souffle remains creamy and the crepes do not dry out. With the help of two broad spatulas or pancake turners, transfer the crepes to individual plates and dust them generously with confectioners sugar. Serve immediately, accompanied by some extra Grand Marnier so that each guest may pour some of the liqueur over his crepe. (The crepes may be baked and served in individual shallow ovenproof dishes.) Serves 6. Approximately 130 to 150 calories per serving.

Joyce Malerman

INSTANT APPLESAUCE

1 apple, with or without the skin	1/4 tsp. cinnamon
1/4 c. water	artificial sweetener to taste

Core and cut up the apple. Put all of the ingredients into the blender, cover and press the button to "beat" and beat for 60 seconds. Then press the "liquefy" button and liquefy for another 60 seconds. Yields 1 cup. Approximately 60 calories per serving.

Debbie Seidman

CHOCOLATE MOUSSE - MADE IN THE BLENDER

3 egg yolks	1 Tbsp. liquid sweetener
2 (1 oz.) sq. bitter chocolate	1 tsp. rum flavoring
3 Tbsp. hot water	3 egg whites, stiffly beaten

Cut the squares of chocolate into small pieces and put into the blender with the hot water; set the blender on blend and blend for 40 seconds. Remove the cover and pour in the egg yolks, then cover and continue to blend for another 20 seconds. Add the liquid sweetener and rum flavoring. Blend again. In a mixer, or by hand, whip the egg whites until stiff. Fold the chocolate mixture into the stiffly beaten egg whites. Spoon into dishes. Chill 3 hours. Approximately 100 calories per serving.

Debbie Seidman

FRUITS IN PORT WINE

2 lb. fully ripe peaches	1 medium size cantaloupe
2 Tbsp. sugar	1 c. blueberries
2 Tbsp. white Port	

Scald the peaches and slip off the skins. Mix sugar and wine in saucepan and heat slowly, stirring constantly, until the sugar dissolves. Remove from heat and slice the peaches into the saucepan. (The peaches will release juices to make enough syrup.) Raise the heat and cook the peaches, covered, for about 5 minutes or until the fruit is just tender. Scoop out as many melon balls as possible and add to the hot peaches. Stir in the blueberries; cool and chill before serving. Serves 6. Approximately 125-135 calories per serving.

Joyce Malerman

FLAMING PINEAPPLE AND STRAWBERRY GLACE

- | | |
|------------------------|---------------------------------|
| 1 (8 oz.) can unsweet- | 1 pt. ripe strawberries |
| ened pineapple tidbits | 1 pt. vanilla or strawberry ice |
| 2 tsp. butter | milk, divided into 6 scoops |
| 3 Tbsp. sugar | 3 Tbsp. Cognac |

Drain the pineapple, reserving the juice in a small pitcher. Melt the butter in the blazer pan of a chafing dish over direct heat. Add the sugar and cook for 1 minute. Add the pineapple and strawberries; cook, stirring constantly, until the berries are thoroughly heated. Place a scoop of ice milk in each of 6 dessert dishes. Add the Cognac to the fruit, heat for a few seconds to warm the Cognac and ignite. When the flame dies out, pour in the reserved pineapple juice. Ladle the fruit and juices over the ice milk and serve immediately. Serves 6. Approximately 140-160 calories per serving.

Note: If you do not have a chafing dish, use an electric skillet or a saucepan attractive enough to be brought to the table. After the Cognac has been heated, bring the fruit to the table. Dim the lights. Ignite the Cognac. After the flame has died out, proceed as above.

Joyce Malerman

DIET CHEESE CAKE

- | | |
|------------------------|--------------------------------|
| 6 eggs | 4 tsp. regular margarine (diet |
| 1 (32 oz.) carton | margarine won't work) |
| cottage cheese | 4 tsp. Sucaryl |
| 2 Tbsp. lemon juice | Pam |
| 2 tsp. vanilla extract | cinnamon |

Beat the cottage cheese a good 5 minutes, then add the eggs, lemon juice, vanilla, margarine and Sucaryl. Beat an additional 5 minutes or longer (the more you beat the mixture, the better your Cheese Cake will be). Pour the mixture into a loaf pan (I use a Teflon pan, then spray it with Pam). Sprinkle well with cinnamon. Bake at 350 degrees for 45 minutes, then turn the oven off and leave the Cheese Cake in the oven with the door open for 1 hour. Serves 10. Approximately 85 to 100 calories per serving.

Joyce Malerman

MOCHA CREAM

1 tsp. gelatin	3/4 c. low calorie granulated
1 Tbsp. cold water	sugar replacement
1 1/2 sq. unsweetened	1/2 tsp. salt
chocolate	1/2 tsp. cinnamon
1/3 c. hot water	1/4 c. sifted flour
2 eggs, separated	2 2/3 c. skim milk
2 tsp. instant coffee	1/4 tsp. cream of tartar

Sprinkle the gelatin into the cold water and set aside. Melt the chocolate in a small pan, placed in a larger pan of boiling water. Add hot water to chocolate and stir until smooth. Lightly beat egg yolks in top of a double boiler, then stir in the instant coffee, 2/3 cup of the sugar replacement, the salt, cinnamon and flour. Beat in the milk until smooth, then add the chocolate. Place over hot water and cook, stirring constantly, for 10 minutes or until thickened. Stir in the gelatin until dissolved. Place the pan in ice water until cold, then turn into a 1 quart baking dish.

While the chocolate mixture is cooking, beat together egg whites, cream of tartar and remaining sugar replacement until the mixture is stiff but not dry. Heap on top of chocolate mixture. Place on the upper level of a preheated 375 degree oven for 10 minutes or until the top is delicately brown. Cool and serve at room temperature. Serves 6. Approximately 100 calories per serving.

Joyce Malerman

FRUIT SUPREME

2 envelopes plain gelatin	1 c. diet soda (your choice
1/2 c. hot water	of flavor)
1/2 c. fruit (your choice)	1/3 c. nonfat dry milk
	2 ice cubes

Put gelatin and water into container. Cover, press button on mix and mix for 20 seconds. Add remaining ingredients to container, cover and press button for blend; blend for 40 seconds or until thick. Yields 2 cups. Approximately 60 calories per serving.

Fruit is special treat for dieters. If you prefer orange, add orange sections and use orange diet beverage. Lemon diet beverage gives you a tangy flavor.

Debbie Seidman

PEACHES AND CHEESE DESSERT

1 envelope unflavored gelatin	1/2 tsp. grated lemon rind
1/2 c. sugar, divided	1 1/2 tsp. lemon juice
2 eggs, separated	1/2 tsp. vanilla
3/4 c. skimmed milk	1 1/2 c. creamed cottage cheese
1/8 tsp. salt	2 c. diced fresh peaches

Mix gelatin and 1/4 cup sugar in saucepan. Beat egg yolks with milk and stir into gelatin mixture. Place over low heat; stir constantly until gelatin dissolves and mixture thickens slightly, about 5 minutes. Remove from heat; add salt, lemon rind, lemon juice and vanilla.

Sieve cottage cheese or beat at high speed of electric mixer until smooth. Stir into gelatin mixture. Chill, stirring occasionally, until mixture mounds slightly when dropped from a spoon. Beat egg whites until soft peaks form; gradually beat in remaining 1/4 cup sugar and continue beating until stiff. Fold into gelatin mixture; fold in peaches. Turn into serving glasses or a five cup mold. Chill until set. Makes ten 1/2 cup servings, 120 calories each.

For Peach Cheese Cake, double recipe and turn into 9 inch spring form pan.

Joyce Malerman

FRUIT JUICE WHIP

1 envelope unflavored gelatin	1 1/2 c. fruit juice (except fresh or frozen pineapple)*
1/2 c. cold water	1/4 c. sugar

*Like grape juice, canned pineapple juice, apricot nectar, cranberry juice cocktail, reconstituted frozen limeade or orange juice.

Sprinkle gelatin over cold water in saucepan; place over low heat and stir constantly until gelatin dissolves, about 3 minutes. Stir in sugar and juice. Pour into a narrow mixing bowl and chill, stirring occasionally, until mixture is almost set and very lumpy. Beat with an electric mixer until very foamy and tripled in volume. Pour into 6 cup bowl or individual dishes and chill until set. Makes 8 servings.

Note: To layer different flavors in a bowl, allow each layer to set before pouring on the next. Calories for different juices range from a high of 65 calories a serving for grape juice and cranberry juice cocktail to 45 calories for reconstituted frozen limeade.

Joyce Malerman

** EXTRA RECIPES **



Let's pour some happy spirit
In a great big mixing bowl
Then add a few ingredients
And lo! A Casserole!!

Casseroles

One Dish Meals



ABBREVIATIONS COMMONLY USED

tsp. - teaspoon	oz. - ounce or ounces
Tbsp. - tablespoon	lb. - pound or pounds
c. - cup	sq. - square
pt. - pint	min. - minute or minutes
qt. - quart	hr. - hour or hours
pk. - peck	mod. - moderate or moderately
bu. - bushel	doz. - dozen

SIMPLIFIED MEASURES

dash - less than 1/8 teaspoon	2 pints (4 cups) - 1 quart
3 teaspoons - 1 tablespoon	4 quarts (liquid) - 1 gallon
16 tablespoons - 1 cup	8 quarts (solid) - 1 peck
1 cup - 1/2 pint	4 pecks - 1 bushel
2 cups - 1 pint	16 ounces - 1 pound

If you want to measure part-cups by the tablespoon, remember:

4 tablespoons - 1/4 cup	10 2/3 tablespoons - 2/3 cup
5 1/3 tablespoons - 1/3 cup	12 tablespoons - 3/4 cup
8 tablespoons - 1/2 cup	14 tablespoons - 7/8 cup

OVEN TEMPERATURES

Slow	250 to 300 Degrees
Slow moderate	325
Moderate	350
Quick moderate	375
Moderately hot	400
Hot	425 to 450
Very Hot.	475 to 500

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size	Average Contents
8 oz.	1 cup
picnic	1 1/4 cups
#300	1 3/4 cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2 1/2 cups
No. 2 1/2	3 1/2 cups
No. 3	4 cups
No. 10	12 to 13 cups

EQUIVALENT MEASURES AND WEIGHTS

3 teaspoons - 1 tablespoon	4 cups - 1 quart
4 tablespoons - 1/4 cup	2 pints - 1 quart
16 tablespoons - 1 cup	4 quarts - 1 gallon
1/2 cup - 1 gill	8 quarts - 1 peck
4 gills - 1 pint	4 pecks - 1 bushel
2 cups - 1 pint	16 ounces - 1 pound

CASSEROLES, ONE DISH MEALS

CHICKEN CACCIATORE

- 3-3 1/2 lb. chicken, cut up
- enough flour to coat the chicken
- 3 Tbsp. salad oil
- 3/4 c. onion, sliced
- 1/2 c. green pepper strips
- 2 cloves garlic, minced
- 2 1/2 c. (#2 can) tomatoes
- 1 can tomato paste
- 1 bay leaf
- 1/2 tsp. salt
- 1/2 tsp. oregano
- 1/4 tsp. thyme
- some red wine may be added

- Coat the chicken with flour and brown in the 3 table-
spoons of salad oil. Add onion, green pepper and minced
garlic to the oil; cook a few minutes. Add tomatoes, tomato
■ paste, bay leaf (which must be removed before serving), salt,
oregano, thyme and the red wine, if desired. Cover and
simmer 1 1/2 to 2 hours until tender. Thicken the sauce if
■ necessary. Serve with spaghetti. This dish freezes beauti-
fully. Serves 4.

Shirley Gottlieb

MAMA LEONE'S MANICOTTI

- 12 manicotti noodles
- 3 c. your favorite meat sauce
- 1/4 c. grated Parmesan cheese
- 3/4 c. Ricotta cheese
- 1 Tbsp. chopped parsley
- 3/4 lb. Mozzarella cheese, diced
- 3 eggs, lightly beaten
- 2 Tbsp. butter, softened
- 1 Tbsp. grated Parmesan cheese
- 1/2 tsp. salt
- pinch black pepper

- Cook manicotti noodles for only 5 minutes in 4 quarts
of boiling water with a little olive oil. Cook only 6 at a time.
Drain well. Drain the Ricotta cheese; then combine Ricotta
■ cheese, chopped parsley, diced Mozzarella cheese, eggs,
butter, 1/4 cup grated Parmesan cheese, salt and pepper.
Mix well and divide into 12 parts. Fill the manicotti noodles.
■ Spread a thin layer of meat sauce on bottom of a baking dish
which can come to the table. Arrange the manicotti about 1/4
inch apart in the pan and then spoon the rest of the sauce over
the top. Sprinkle about 1 tablespoon Parmesan cheese (or
■ more if you like) over the casserole. This can also be cooked
in individual casserole dishes with 2 manicotti per casserole.
Bake in preheated 300 degree oven 20-30 minutes. Serves 6-7.

Joyce Malerman

CLAM SAUCE FOR SPAGHETTI

1/2 c. olive oil	1/2 tsp. oregano
2 cloves garlic, minced	1 tsp. salt
1/2 c. water	1/2 tsp. pepper
1 tsp. chopped parsley	2 cans minced clams

Heat the olive oil. Add garlic and brown. Cool and stir in the water, parsley, oregano, salt and pepper. Slowly add the minced clams. Heat through.

Lyn Wagman

LASAGNE - MEAT AND CHEESE

1 large jar Marinara Sauce or 2 (16 oz.) jars	1 large can mushroom stems and pieces, use 3/4 of can
1 (6 oz.) can tomato paste	1/4 tsp. pepper
1 tsp. oregano	1 lb. lasagne, drained and cooked (use 3/4 box)
1 lb. ground meat	1/2 lb. Mozzarella cheese, thinly sliced
1/2 tsp. salt	1 lb. Ricotta cheese
2 cloves chopped garlic	1 egg
2 large onions, chopped and sauteed	1 large baking pan, 13 x 9 x 2 inches

Combine in large pot the Marinara Sauce, salt, oregano, and tomato paste. Cover and cook over low heat. Brown ground meat, drain and put in sauce. Saute onion and garlic; put in sauce. Continue slow cooking. Cook lasagne in a little oil added to salted water, then drain. Combine egg and Ricotta cheese. Spoon some warm sauce in bottom of pan. Arrange drained lasagne in layers in pan, overlapping them slightly. Spoon some Ricotta cheese over noodles, then a few pieces of Mozzarella cheese. Alternate layers again. End with sauce and Mozzarella cheese. Can be baked and frozen. Bake at 350 degrees 45 minutes. Serves 8 people for dinner or 12 for luncheon.

Gail Lubeck

SPAGHETTI SAUCE

1 can imported tomato paste (6 oz.)	1 can tomato puree (8 oz.)
1 can imported tomatoes (1 lb.)	3 sections garlic, slashed
	1/2 c. olive oil
	1 Tbsp. salt

SPAGHETTI SAUCE (Continued)

1/2 Tbsp. pepper sugar to taste

Cook the tomato puree, salt, pepper, oil and garlic slowly, but boiling, for 1 1/2 hours. Add tomato paste (use 2 cans for thicker sauce) and the sugar. Cook for another 1 1/2 hours. Freezes well.

Lois Schwalb

SYLVIA MANULKIN'S SPAGHETTI SAUCE

3 medium onions, diced	1 large can Italian plum
3 Tbsp. oil	tomatoes with basil leaf
1 green pepper, diced	1 (12 oz.) can tomato paste
2 cloves garlic, mashed	1 (8 oz.) can tomato sauce
1/2 tsp. oregano	1 (8 oz.) can Sauce Arturo
salt and pepper to taste	hot pepper, optional
1/2 lb. sliced mushrooms	1/2 tsp. onion powder
1/2 tsp. thyme	1/2 tsp. garlic powder
	1 Tbsp. sugar

In a large heavy pot, saute the onions in the oil until transparent. Add green pepper and mashed cloves of garlic. Continue to saute until onions are golden. Add rest of the ingredients. Cook over a low heat for about 3 hours. Stir frequently.

Joyce Malerman

CHEESE STRATA

(Perfect for Brunch or a Ladies Luncheon)

12 slices buttered	5 eggs
bread (Arnold or	2 tomatoes, sliced
Pepperidge Farm)	3 c. milk
1/2 lb. Wispride	1 tsp. dry mustard
cheese, or any	1 tsp. salt
Cheddar cheese	freshly ground pepper

Lay 6 slices of bread in buttered casserole dish, buttered side up. Crumble half of the cheese on top, then half of the tomato slices. Repeat the bread, cheese and tomatoes. Beat the eggs, milk and seasonings together. Pour over the bread. Refrigerate several hours or overnight. Remove from refrigerator 1 hour before baking; bake in pan of water at 325 degrees 1 hour. Serve with salad for luncheon or a light supper.

Joyce Malerman

PUFFY EGG AND CHEESE PIE

1 (8 oz.) pkg. refrigerated crescent rolls	3 eggs, separated, at room temperature
8 bacon slices, fried and crumbled	1/2 c. sour cream
1 medium tomato, sliced	1/2 c. flour
5 slices American cheese	1/2 tsp. salt

About 1 hour before serving, preheat oven to 350 degrees. Unroll the rolls into triangles. Make a crust by pressing the edges of the triangles together. Flute the edges. Sprinkle the bacon into the crust, then the tomato, then the cheese. In a large bowl, beat the egg yolks, sour cream, flour and salt until blended. In a small bowl, beat the egg whites at high speed until stiff. Fold in the sour cream mixture gently. Place over the cheese. Bake for 35 minutes in the preheated oven. Serves 6. Enjoy!

Sunny Berkowitz

PEAS AND PASTA

2 large pkg. frozen peas	1/2 c. chopped onion
1 box small shells	6 pieces garlic, pressed
1/2 lb. butter	3/4 c. chopped parsley
	salt and pepper

Cook the peas slightly. Cook the shells and drain. Melt the butter and saute the onion and garlic until they are transparent. At the last minute, stir in the parsley. Combine all of the ingredients. Salt and pepper to taste. Bake to heat evenly. Also good with a pound of cooked shrimp or tuna fish added.

Harriet Rudolph

PIZZA HAMBURGER

1 lb. ground beef	1 (1 lb. 4 oz.) can tomatoes, drained
1 1/2 tsp. salt	1 c. grated Parmesan cheese
1/4 tsp. pepper	2 Tbsp. chopped parsley
1 tsp. horseradish	1/2 tsp. basil
1 tsp. Worcestershire sauce	1/2 tsp. oregano
1 tsp. prepared mustard	
2 Tbsp. grated onion	

Preheat oven to 375 degrees. Grease 9 inch pie plate.

PIZZA HAMBURGER (Continued)

In a mixing bowl, combine beef, salt, pepper, horse-radish, Worcestershire sauce and mustard. Mix this well. Press against bottom and sides of pie plate. Spread tomatoes on the meat mixture; sprinkle remaining ingredients on top. Bake in the preheated oven for 20 minutes. Cool for 5 minutes and then cut into wedges. Serves 4 to 6.

Joyce Malerman

CHEESE SOUFFLE

1 c. diced sharp or Swiss cheese	1/4 tsp. mustard
2 Tbsp. butter	1/2 tsp. salt
4 Tbsp. flour	5 egg yolks
	1 c. hot milk

Cover and blend on high speed 15 seconds. Pour into saucepan and cook over low heat, stirring until smooth and thick. Fold in 5 stiffly beaten egg whites. Pour into 1 1/2 quart souffle dish and bake in preheated 375 degree oven for 30 minutes. Serve at once. Serve with crisp salad, French bread and fruit for dessert. Serves 4.

Sandy Fryer

CHILI CON CARNE

(A la My Friend from Texas)

2 (8 oz.) cans tomato sauce	garlic powder to taste
2 lb. ground beef (ground only once)	2 tsp. comino seed or 1 tsp. ground cumin
2 Tbsp. cooking oil	1 Tbsp. paprika
1 large onion, chopped	3 1/2 Tbsp. chili powder
salt to taste	3 Tbsp. flour
	1 qt. water

Cook meat in oil; add onion, salt, garlic, paprika and comino seed (1 teaspoon ground cumin may be substituted). Cook about 15 minutes, then add flour and stir well. Add water and tomato sauce. Cook over low heat for 30 minutes, stirring frequently, then add chili powder. Add a small can of drained kidney beans, if desired. I like the chili without the beans and my husband likes it with the beans so the choice is yours.

Sandy Fryer

GATEAU DE CREPES A LA FLORENTINE

(Mound of crepes filled with spinach and mushrooms, baked with cheese sauce.)

Batter for about 12 Crepes:

1 c. cold water	1 1/2 c. instant blending flour
1 c. cold milk	(Wondra)
4 large eggs	4 Tbsp. previously melted
1/2 tsp. salt	butter

(Twenty four Crepes are needed for this recipe.)

Filling:

4 Tbsp. butter	1 c. grated Swiss cheese
5 Tbsp. flour	1 1/2 c. cooked, chopped
2 3/4 c. hot milk	spinach
1/2 tsp. salt	1 c. cottage cheese
pepper	1 egg
nutmeg	1 c. diced fresh mushrooms
1/4 c. heavy cream	previously sauteed in butter
	with 2 Tbsp. minced scallion

Crepes: Whirl all batter ingredients in blender for about 1 minute. Provide yourself with a non-stick or cast iron skillet 6 or 7 inches in diameter at the bottom. Brush pan lightly with cooking oil. Have a ladle, large spoon or measure which will hold 1/4 cup. Set pan over moderately high heat until just beginning to smoke. Immediately remove from heat and, holding pan handle in your right hand, pour with your left hand a scant 1/4 cup of batter into the middle of the pan. Quickly tilt pan in all directions to run batter all over bottom of pan in a thin film. (Pour back any batter that does not adhere to the pan and note the correct amount for your next Crepe.) Immediately set pan over heat and cook for about 1 minute. The Crepe is ready for turning when you can shake and jerk it loose from bottom of pan; lift an edge to see that it is a nice brown underneath. Turn the Crepe and cook for about 1/2 minute on the other side; this is rarely more than a spotty brown and is kept as the nonpublic side. Slide the Crepe onto a plate and continue with the rest of the batter, greasing pan lightly only when it seems necessary.

If you make the Crepes in advance, it is best to stack them between layers of waxed paper or foil to prevent them

GATEAU DE CREPES A LA FLORENTINE (Continued)

from sticking. Crepes may be frozen; let thaw.

Filling and Sauce: For sauce, melt the butter, stir in the flour and cook slowly for 2 minutes without coloring. Remove from heat and beat in the milk, salt, pepper and nutmeg to taste. Boil, stirring, for 1 minute, then beat in the cream and all but 2 tablespoons of the Swiss cheese; simmer a moment, then correct seasoning.

Blend several tablespoons of sauce into the spinach and carefully correct seasoning. Beat the cottage cheese with the egg, mushrooms and several tablespoons of sauce to make a thick paste; correct seasoning.

Assembling and Baking: Have ready 24 Crepes, a lightly buttered baking dish, 1 tablespoon butter.

Preheat oven to 375 degrees. Center a Crepe in the bottom of a lightly buttered baking dish, spread with spinach, cover with a Crepe, spread with a layer of the cheese and mushroom mixture and continue this way with the rest of the Crepes and the 2 fillings, ending the mound with a Crepe. Pour the remaining cheese sauce over the mound, sprinkle with the remaining 2 tablespoons of grated Swiss cheese and dot with a tablespoon of butter. Refrigerate until 30 to 40 minutes before serving, then set in upper third of preheated oven until bubbling hot and cheese topping has browned lightly.

This is a good appetizer, vegetable, entree or luncheon dish, kind of like a French lasagne. Serves 6.

Sandy Fryer

TUNA CASSEROLE

1 large can Chun King noodles	3 stalks celery, diagonal cut 1/2 inch pieces
13 oz. tuna	1 can cream of mushroom soup
1/4 c. diced onion	1/4 c. water
(large chunks)	1 c. cashews
	1 can Mandarin oranges

Mix all ingredients together, using only 1 cup noodles. Place in casserole. Put remaining noodles on top. Bake at 375 degrees for 15 minutes. Garnish with Mandarin oranges.

Sheila Tractenberg

TUNA HAWAIIAN

2 Tbsp. butter	1 c. thinly sliced onion
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TUNA HAWAIIAN (Continued)

1 c. thinly sliced celery	2 Tbsp. cornstarch
1 large green pepper, sliced thin	1 1/2 c. meatless broth
1 c. (13 1/2 oz.) pine- apple tidbits	2 tsp. soy sauce
1 large can tuna (white chunk; pour hot water over to drain)	1/2 tsp. salt
	1/2 c. water chestnuts, sliced
	1 (3 oz.) can Chinese noodles

Cook onion, celery and pepper in butter until soft. Drain pineapple and save juice. Combine pineapple syrup and cornstarch, broth, soy sauce and salt. Cook in skillet over medium heat, stirring constantly, until thick and bubbly. Add tuna in chunks, water chestnuts and pineapple. Cover and heat until bubbly and hot. Serve over noodles. Serves 6.

Phyllis Haas

CREAMETTE CHEESE BAKE

4 c. Creamettes, un- cooked	1 tsp. salt
6 oz. cottage cheese	1/4 lb. butter
1/2 pt. sour cream	2 Tbsp. flour
1/2 c. milk	American cheese slices

Cook the Creamettes as the package directs. Butter a large baking dish. Melt the butter; mix in the flour and cook a minute. Mix in all of the other ingredients except American cheese slices. Put half of the mixture into a buttered baking dish. Cover with a layer of cheese slices. Add rest of the noodle mixture. Cover the top with a layer of cheese slices. Bake at 350 degrees for 30 minutes.

Sondra Bank



Seafoods

HERBS AND SEEDS

- Dill - Both leaves and seeds of dill are used. Leaves may be used as a garnish or to cook with fish. Leaves or the whole plant may be used to flavor dill pickles.
- Fennel - Has a sweet hot flavor. Both seeds and leaves are used. Seeds may be used as a spice in very small quantity in pies and baked fruit. Leaves may be boiled with fish.
- Marjoram - May be used both green and dry for flavoring soups and ragouts; and in stuffing for all meats and fish.
- Tarragon - Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Excellent in Tartar sauce. Leaves are pickled with gherkins. Used to flavor vinegar.
- Curry Powder - A number of spices combined in proper proportion to give a distinct flavor to such dishes as vegetables of all kinds, meat, poultry and fish.
- Chives - Leaves are used in many ways. May be used in salad, in cream cheese, in sandwiches, omelet, soups, and in fish dishes. Mild flavor of onion.
- Tomato Juice - Used in sauces to serve with bland foods, such as potato croquettes, or with foods having distinctive flavor, such as fish, also in beverages.
- Vinegar - Low percentage natural acid, generally acetic acid. Used as a preservative for all pickling of vegetables and fruit. To give zest or tang flavor to salad dressing; for meat, fish and vegetable sauces. Different kinds are wine vinegar, malt or beer vinegar, white vinegar, cider vinegar, tarragon vinegar.
- Onion - Popular vegetable which combines in flavor with practically all vegetables, and some fruits - e.g., apple, and orange; also with all meat and fish. Tender young tops may be minced and used as a garnish for soups and salads.
- Sage - Used fresh and dried. May be used in poultry and meat stuffings; in sausage and practically all meat combinations; in cheese and vegetable combinations, as in vegetable loaf, or curry. The flowers are sometimes used in salads.
- Caraway - Seeds have a spicy smell and aromatic taste. Used in baked fruit, in cakes, breads, soups, cheese and sauerkraut.
- Paprika - A Hungarian red pepper. Bright red in color. May be used in all meat and vegetable salads. In soups, both cream and stock. As a garnish for potatoes, cream cheese, salads or eggs.

SEAFOODS

BAKED FLOUNDER SUPREME

- | | |
|-------------------------------|--|
| 1 1/2 lb. fillets of flounder | 2 Tbsp. water |
| 1 c. cracker crumbs | 1 (6 1/2 oz.) can crabmeat, drained and flaked |
| 1 tsp. salt | butter or margarine |
| 1/2 tsp. pepper | paprika |
| 1 egg | |

Preheat oven to 425 degrees. Line 5 custard cups with aluminum foil, set them on a baking sheet. Cut fillets of flounder into long strips. On a piece of waxed paper, combine cracker crumbs, salt and pepper. Coat the strips of fish with the crumbs, then dip in egg which has been beaten with 2 tablespoons water, then dip in the crumbs again. Lay flat on the counter. Spread the fish with the crabmeat; roll up each strip like a jelly roll. Secure each roll with a toothpick. Place a pat of butter or margarine in each custard cup. Place a fish roll on top of the butter. Sprinkle with paprika; dot with butter or margarine. Bake in preheated oven for about 20 minutes. Serves 5.

Joyce Malerman

STUFFED FLOUNDER

- | | |
|------------------------|------------------------------|
| 1 lb. flounder fillets | 1/2 c. flavored bread crumbs |
| 10-12 cooked shrimp | 1 Tbsp. chopped parsley |
| 6 Tbsp. butter | 1/2 large diced onion |
| | 1 Tbsp. dry Sherry |

Saute onion in butter; add shrimp, bread crumbs and parsley. Put mixture on fillets and roll up. Place in shallow baking dish. Add some water. Pour Sherry over fish and pat butter on top. Cover with tin foil and bake 45 minutes at 350 degrees.

Fran Seiden

FILLET OF FLOUNDER VALENCIENNES

- | | |
|-----------------------------|-------------------------|
| 1/4 c. chopped onion | 2 Tbsp. lemon juice |
| 2 c. sliced mushrooms | 1 Tbsp. chopped parsley |
| 2 Tbsp. butter or margarine | 1 tsp. oregano |
| 2 lb. fillet of flounder | 1/8 tsp. pepper |

FILLET OF FLOUNDER VALENCIENNES (Continued)

Saute onion, then add mushrooms in butter. Arrange flounder in pan, sprinkle with remaining ingredients. Cover and simmer gently for 20 minutes. Serves 6.

Joyce Malerman

FILLET OF FLOUNDER EN PAPILLOTE

4 sheets parchment
paper or foil
4 Tbsp. melted butter

4 (6-8 oz.) flounder fillets
salt and fresh pepper

Sauce:

3 tomatoes, diced
6 large mushrooms, sliced
1 Tbsp. shallots or scallions
3 Tbsp. butter
1 1/2 Tbsp. flour

1/3 c. dry Vermouth or dry
white wine
1 c. heavy cream (I use light
cream)
1/4 c. chopped dill

Saute the tomatoes, mushrooms and shallots in butter until mushrooms are soft. Remove from heat and add the flour, mixing well. Return to heat and cook flour a minute. Remove from heat and add the wine and cream. Cook 3 to 4 minutes. Add dill and season with salt and pepper; set aside.

Assembly: Tear off a large piece of parchment paper, fold in half and cut in shape of large heart. (Fish should fit inside with plenty of room to spare.) Place 3 tablespoons of sauce on fold. Place fillet on top of sauce. Season fillet with salt, pepper and a squeeze of lemon. Place 3 tablespoons more sauce on top of fillet. Fold paper over and pinch the edges. Place on a cookie sheet on the top rack of oven and cook at 375 degrees for 15 minutes.

Serving: The entire package is placed on each person's plate. With sharp knife, a slit is made in the top. The fish is eaten directly from the paper. Serves 4.

Joyce Malerman

FLOUNDER ALMONDINE

2 lb. flounder fillets,
fresh or frozen
1 tsp. salt
dash pepper
1 can cream soup (any
variety)

3/4 c. sour cream
dash nutmeg
1 1/2 c. cooked rice
1/4 c. roasted, blanched,
slivered almonds

FLOUNDER ALMONDINE (Continued)

1/4 c. chopped parsley dash pepper
1/4 tsp. salt

Topping:

1/4 c. blanched, paprika
slivered almonds

Cut skinned fillets into serving portions. Sprinkle with salt and pepper. Combine soup, sour cream and nutmeg; reserve 3/4 of this mixture for topping. Combine remaining soup mixture, rice, almonds, parsley, salt and pepper. Spread rice mixture over bottom of well-greased baking pan, 12 x 8 x 2 inches. Arrange fish over rice. Spread remaining soup mixture over fish. Sprinkle with almonds and paprika. Bake in 350 degree oven 35 to 40 minutes. Serves 6.

Joyce Malerman

BAKED WHOLE SHAD (All Bones Dissolved)

whole shad 2 Tbsp. vinegar
carrots salt and pepper
onions paprika
1 c. water butter

Have whole shad cleaned and cut into pieces (about 5 from each shad; do not fillet or split). Cut carrots and onions into baking dish to cover bottom. Place shad on top. Add water, vinegar, salt, pepper and paprika to taste. Slice carrots and onions on top. Dot with pieces of butter and bake, covered, in 200 degree oven for 6 hours. After 5 hours, uncover to get top crisp.

Phyllis Haas

TUNA CASSEROLE

1 can chunk tuna, 1 c. chopped celery
drained 1 grated onion
1 can mushroom soup 1 (25¢) bag potato chips, crushed
1/4 c. milk, or more 1 chopped green pepper, optional
if desired 1/4 c. grated American cheese

TUNA CASSEROLE (Continued)

Mix all ingredients together. Put into a greased casserole and sprinkle potato chips over the top. Dot with butter or shortening. Bake in hot, moderate oven 1 hour.

Debbie Seidman

FILLETS OF SOLE DUGLERE

6 fillets of sole (about
2 1/2 lb.); if using frozen
sole, let thaw completely
3 Tbsp. lemon juice
3 Tbsp. butter or mar-
garine

4 medium fresh mushrooms,
washed and sliced
1 tsp. salt
dash pepper
1 c. dry white wine
4 medium tomatoes (about
1 1/2 lb.)

Sauce:

1/4 c. butter or margarine
1/4 c. all-purpose flour
1/2 tsp. salt

dash cayenne
1 1/2 c. fish stock
3/4 c. grated Parmesan cheese

Topping:

3 Tbsp. dry bread crumbs

2 Tbsp. butter or margarine,
melted

Preheat oven to 350 degrees. Lightly butter a 13 x 9 x 2 inch baking dish.

Rinse the fillets under cold water; pat dry with paper towels. Brush with 2 tablespoons of the lemon juice. Fold crosswise; place in prepared dish. Melt the butter in a small saucepan. Add mushrooms. Sprinkle with the remaining tablespoon of lemon juice, salt and pepper. Toss. Add wine and 1/4 cup water; bring to boiling. Pour over the fish. Lightly butter one side of a double thickness of waxed paper. Place buttered side down over the fish. Bake 15 to 20 minutes or just until the fish flakes easily when tested with a fork.

Meanwhile, scald the tomatoes and peel. Cut into quarters. Scrape the seeds and center pulp into a sieve set over a bowl. Press through the sieve. This should yield 3/4 cup of puree. Set aside. Dice the outer part of the tomato; set aside. Carefully remove the fish from the baking dish and arrange, slightly overlapping, in a shallow 1 1/2 or 2 quart broiler-proof serving dish. Top with the mushrooms. Cover and keep

FILLETS OF SOLE DUGLERE (Continued)

warm. Strain the fish stock into a 2 cup measure. Reserve 1 1/2 cups for the sauce.

To make the sauce, melt the 1/4 cup of butter in a medium saucepan. Remove from heat; stir in flour, salt and cayenne. Stir in the 1 1/2 cups reserved fish stock and the tomato puree. Cook over a medium heat, stirring constantly, until the mixture thickens and comes to a boil. Stir in 1/2 cup Parmesan cheese. Return to boiling, stirring constantly. Reduce the heat and simmer for 5 minutes. Add the diced tomato. Pour off the liquid from the fish and mushrooms. Spoon the sauce over the fish and mushrooms.

In a small bowl, toss the bread crumbs and melted butter. Sprinkle over the sauce, then sprinkle with the remaining Parmesan cheese. Run the serving dish under the broiler for 3 to 5 minutes or until the top is golden brown. Serves 6.

Joyce Malerman

SHRIMP WITH BARBECUE SAUCE

cooked rice

1 lb. cooked shrimp

Sauce:

• 1/2 red pepper, cut up

1/4 c. salad oil

1 bottle chilli sauce

1 clove garlic

1/2 bottle catsup

1 c. vinegar

1 large onion, chopped fine

lemon, cut fine and rind

2 1/2 c. canned tomatoes

1 tsp. Worcestershire sauce

1/2 c. sugar

salt

Combine ingredients for sauce in heavy pot with cover. Cook for 1 1/4 hours. Add shrimp to sauce and heat in pot with lid removed. Stir to prevent sticking. Serve over rice.

Debbie Seidman

SHRIMP STUFFED TOMATOES

2 large tomatoes

1 c. diced, peeled,

cleaned, cooked

shrimp

1 c. finely diced celery

1/4 c. mayonnaise

1 Tbsp. chilli sauce

shredded lettuce

1/4 tsp. Worcestershire sauce

dash hot pepper sauce

SHRIMP STUFFED TOMATOES (Continued)

2 tsp. lemon juice

salt to taste

Optional: Slices of hard-cooked egg and shrimp for garnish.

Peel tomatoes and cut in halves; scoop out pulp. Mix shrimp with next 7 ingredients and fill tomato halves. Garnish with egg slices and shrimp, if desired. Serve on shredded lettuce. Serves 4.

Debbie Seidman

HOMEMADE SHRIMP CHOW MEIN

1 can cream of mushroom
soup

1/2 c. milk

1 can sliced mushrooms,
drained

2 stalks celery, diced

1 medium onion, chopped

1 can bean sprouts, drained

1 can water chestnuts,
drained and cut up

1 Tbsp. soy sauce

4 Tbsp. cornstarch

1 pkg. frozen cleaned shrimp

1 large can Chinese noodles
almonds, optional

Combine all ingredients except shrimp. Place in an uncovered casserole dish. Bake in 350 degree oven for 1 hour. Prepare the shrimp according to directions on the package; add shrimp to casserole when done. Sprinkle with noodles and serve. Almonds can also be added if desired. Serve with rice. Instead of shrimp, chicken or tuna may be used.

Barbara Satz

SHRIMP EGG FOO YONG

cooking oil

1/2 c. chopped celery

1/4 c. chopped scallions

1/2 lb. shrimp, shelled,
deveined and diced

1 (1 lb.) can bean sprouts,
drained

6 eggs

1/2 tsp. ginger

1 Tbsp. dry Sherry

1 Tbsp. soy sauce

1 Tbsp. flour

1 tsp. salt

1/4 tsp. pepper

1/2 tsp. m. s. g.

1 (8 oz.) can button mush-
rooms, optional

1 can water chestnuts, optional

Heat 2 tablespoons cooking oil in a medium skillet; add celery and scallions (add mushrooms, drained well, at this point). Saute for 5 minutes. Stir in the shrimp and bean

SHRIMP EGG FOO YONG (Continued)

sprouts. Simmer, stirring frequently, for about 8 minutes or until the shrimp are cooked. Remove the skillet from heat; cool. Beat the eggs in a mixing bowl until they are foamy. Stir in the ginger, dry Sherry, soy sauce, flour, salt, pepper, m.s.g. and water chestnuts, if desired. Add shrimp mixture. Heat a thin layer of oil in a large skillet; drop the egg-shrimp batter into the pan by large spoonfuls. Cook for 2 or 3 minutes on each side or until golden. Serves 4.

Joyce Malerman

SCAMPI

1/2 lb. butter	1/4 tsp. freshly ground pepper
1 1/2 lb. large raw	3 cloves garlic, minced
shrimp, shelled	1/4 c. chopped parsley
and deveined	2 Tbsp. white wine or lemon
1/2 tsp. salt	juice
	lemon wedges

Melt butter (in a pan large enough to lay shrimp in single layer) and add garlic, salt and pepper. Put shrimp in pan; coat with butter mixture. Sprinkle with parsley and lemon juice or wine. Bake 4 to 5 minutes on each side. Serve with lemon wedges. Serves 4.

Joyce Malerman

SHRIMP AND SHELLS FOR SIX

2 (7 1/2 oz.) cans	3 Tbsp. sweet basil
minced clams	1/2 c. parsley flakes
3 (8 oz.) cans Marinara	1 Tbsp. oregano
Sauce	2 Tbsp. Parmesan cheese
1/4 lb. margarine	1 box large shells (#50)
1/2 c. olive oil	1 Tbsp. garlic powder
3 lb. cooked shrimp	

Warm oil; add margarine and melt (carefully so it doesn't burn). Mix all dry ingredients together and add it to oil mixture; boil for a few minutes. Add clams and juice and Marinara Sauce. Simmer for at least 1/2 hour. Add cooked shrimp; cook shells and serve shrimp and sauce over them. Quick and easy.

Rochelle Eisenberg

CREPES OF SHRIMP DIABLE

2 Tbsp. butter	3 Tbsp. melted butter
2 1/2 lb. fresh shrimp or	3 Tbsp. flour
2 (10 oz.) pkg. frozen	2 1/2 c. heavy cream, warm
shrimp, deveined and	1-2 Tbsp. prepared mustard
thawed	16 crepes
1 c. dry white wine	3 Tbsp. grated Parmesan
1 tsp. salt	cheese

Melt the 2 tablespoons butter in saucepan; add cleaned shrimp and toss 2 to 3 minutes (the fresh shrimp will turn pink). Add the white wine and salt, then simmer for 3 minutes. Remove the shrimp with a slotted spoon, then dice them as soon as they are cool enough to handle.

Mix the 3 tablespoons melted butter with the flour; cook for about 2 minutes. Add the heavy cream to the flour-butter mixture (called *beurre manie*). Cook over medium heat, stirring constantly, until the sauce is thickened and smooth. Remove the saucepan from the heat and add mustard; blend well, then correct the seasoning. Remove 1 cup of the sauce for glazing. Add the diced shrimp to the sauce remaining in the saucepan.

Place about 3 tablespoons of the shrimp and sauce mixture on each crepe; roll the crepes into cylinder shapes and arrange on a heatproof platter. Spoon the cup of reserved sauce over the crepes. Sprinkle the Parmesan cheese over the crepes. Broil until golden brown. Garnish with parsley or water cress, if desired. Serves 8.

Joyce Malerman

SHRIMP BARATIN

1/4 c. butter	2 Tbsp. finely minced shallots
3 doz. medium raw shrimp	freshly ground white pepper
or 18 extra-jumbo, shelled	1 tsp. lemon juice
and deveined	3 Tbsp. warm Cognac
freshly ground salt (kosher salt)	

Melt butter in a chafing dish and when hot, add shrimp in one layer. Sprinkle with salt. Cook the shrimp until pink on one side, then turn to cook the other side. A total of about 4 minutes. Sprinkle the shrimp with shallots, pepper and lemon juice; continue cooking, stirring. Sprinkle with warm (not hot at all) Cognac and ignite. Spoon the sauce over and over the shrimp as the flame burns. Serve immediately on warm plates

SHRIMP BARATIN (Continued)

as a first course. Serves 4 to 6.

Joyce Malerman

CRABMEAT IN SHELLS

baking shells	1/2 c. chili sauce
crabmeat	relish
1 strip bacon per shell	horseradish
1 c. mayonnaise	Tabasco sauce

Butter shells and fill with crabmeat. Crumble cooked bacon on crabmeat. Bake at 375 degrees approximately 10 minutes. Combine the rest of ingredients for Russian dressing. Add 1 to 2 tablespoons on each shell. Place under the broiler 1/2 minute. Serve.

Lois Schwalb

KING CRAB BRUNCH EGGS

1 c. (7 1/2 oz.)	8 eggs
crabmeat	1/3 c. sour cream
1/4 c. butter	1 tsp. salt
6 medium mushrooms	1/4 tsp. white pepper
or 1 (2 oz.) can sliced	1 Tbsp. parsley flakes

Drain crabmeat; remove any cartilage and slice larger pieces. Melt butter with crabmeat and sliced mushrooms.

Gently saute. Beat eggs lightly; combine with sour cream, salt and pepper. Pour eggs into pan all at once and stir gently from bottom of pan as they cook until firm as desired. Serve sprinkled with chopped parsley.

This is especially nice served in a chafing dish for brunch or a luncheon.

Sheila Trachtenberg

CRABMEAT CASSEROLE

1 lb. crabmeat	1 c. light cream
6 hard-cooked eggs	1 c. butter
2 level Tbsp. flour	

Pick over crabmeat to remove any bit of shell; place it in a large bowl. Chop whites of hard-cooked eggs and crabmeat. Sprinkle in salt and pepper to taste and a teaspoon or

CRABMEAT CASSEROLE (Continued)

so of chopped parsley. Mash egg yolks and mix thoroughly with a light pinch of dry mustard plus:

1 Tbsp. vinegar

1 tsp. olive oil

Fork through crabmeat. Combine cream, butter and flour in saucepan and let cook, stirring as needed, until thick. Pour over crabmeat and mix. Pour into buttered casserole and cover with bread crumbs. Dot with butter and bake until brown in a hot oven.

Debbie Seidman

HOT CRAB SOUFFLE SANDWICH (Great for lunch, brunch or late supper)

8 slices bread

2 c. flaked crabmeat

1/2 c. mayonnaise

1 medium onion, finely
chopped

1 medium green pepper,
finely chopped

1 c. finely chopped celery

4 eggs

3 c. milk

1 (10 1/2 oz.) can condensed
cream of mushroom soup

1/2 c. grated Cheddar cheese
paprika

Grease an 11 x 7 x 1 1/2 inch baking pan. Dice 4 slices of the bread and spread in the bottom of the pan. In a mixing bowl, combine the crabmeat, mayonnaise, onion, green pepper and celery. Spread the mixture over the bread cubes. Remove the crusts from the remaining 4 slices bread and arrange them on the crab mixture. Beat eggs and milk until well blended. Pour over the mixture in the baking pan. Refrigerate for 3 hours. Preheat oven to 325 degrees. Bake in the preheated oven for 15 minutes. Spoon the cream of mushroom soup over the mixture; then sprinkle with the grated cheese and paprika. Bake for 1 hour longer. Serves 8 to 10.

Joyce Malerman

STUFFED LOBSTER TAILS

2 frozen lobster tails

2 Tbsp. flour

1/4 tsp. dry mustard

1/2 tsp. salt

1/4 tsp. black pepper

2 Tbsp. chopped onion

1 c. cream

2 Tbsp. mushrooms

2 Tbsp. chopped parsley
grated cheese

paprika

STUFFED LOBSTER TAILS (Continued)

Cook tails in salted water for 15 minutes. Take meat out of shells and break into pieces; save shells. Cook onion in butter until soft; add flour and make thick white sauce. Add all ingredients, except cheese and paprika. Stuff in the shells and top with cheese and paprika. Bake in 350 degree oven until bubbly.

Debbie Seidman

LOBSTER FRA DIAVOLO

1/2 c. olive oil	6 oz. tomato paste
2 or 3 cloves garlic, crushed	1/2 medium green pepper, chopped
1 medium onion, minced	1 Tbsp. chopped parsley
1 (1 lb. 13 oz.) can Italian tomatoes, undrained	1 tsp. oregano
1 1/4 tsp. salt	2 live lobsters or 6 frozen lobster tails
1/8 tsp. freshly ground pepper	1/2 c. red wine
	dash cayenne
	cooked spaghetti

First, prepare the tomato sauce: Heat oil in a large skillet. Saute the garlic and onion until golden. Add green pepper and cook until it wilts. Stir in the plum tomatoes, salt, pepper, parsley, oregano and tomato paste. Add wine and bring to a boil; reduce heat to medium and simmer for 15 minutes or until the sauce is thickened, stirring occasionally.

Meanwhile, cook and clean the lobsters or cook the lobster tails according to the package directions. Remove the meat from the lobsters and cut into large chunks. When the sauce is thickened, you may add a little more wine, if desired. Stir in the cayenne pepper and lobster. Simmer 2 to 5 minutes (no longer). Serve on spaghetti. Serves 6.

Joyce Malerman

LOBSTER NEWBURG

4 Tbsp. butter	paprika
1 c. mushrooms, cut up	4 heaping Tbsp. cracker crumbs
2 c. milk	1/2 c. Sherry
2 c. heavy cream	salt and pepper
4 lobster tails, cooked and diced	

LOBSTER NEWBURG (Continued)

Saute mushrooms in butter until brown. Add milk, cream, salt and pepper. Let come to boil. Add cracker crumbs until mixture thickens. Stir in lobster and Sherry; pour into casserole. Sprinkle top with paprika. Bake at 350 degrees for 15 minutes.

Debbie Seidman

LOBSTER CANTONESE

2 frozen rock lobster tails, defrosted	1 tsp. salt
2 Tbsp. cooking oil	1 tsp. freshly ground black pepper
1 clove garlic, minced	1 1/2 c. hot chicken broth
1 medium onion, minced	1 Tbsp. cornstarch
1/2 lb. lean pork, ground (I use ground beef)	1/4 c. water
3 Tbsp. soy sauce	1 egg, lightly beaten
1 tsp. sugar	cooked rice

Remove the lobster meat from the tails; cut into 1 inch cubes and set aside. Heat the oil in a saucepan; brown garlic and onion lightly. Add the pork or beef and cook, stirring, until the meat is browned. Combine soy sauce, sugar, salt, pepper and chicken broth. Stir the liquid into the meat mixture. Add the cubes of lobster. Cover and simmer for 10 minutes. Combine the cornstarch with the water, then stir it into the lobster mixture. Cook, stirring constantly, until the sauce becomes slightly thickened and shiny. Turn off the heat, then quickly stir in the beaten egg. Serve immediately over cooked rice. Serves 4.

Joyce Malerman

SALMON PUFFS

2 c. salmon	1 Tbsp. grated onion
1/2 c. soft bread crumbs	1/2 tsp. salt
3 eggs, separated	1/8 tsp. pepper
	1 tsp. lemon juice

Mash salmon; add salt, pepper, onion, lemon juice and beaten yolks. Fold in stiffly beaten whites and place in buttered muffin cups. Set in pan of water. Bake at 350 degrees approximately 30 minutes.

Debbie Seidman

HOT SEAFOOD APPETIZER

- 1 pkg. Pepperidge Farm frozen pastry shells (6 small)
- 1 (20 oz.) bag frozen precleaned shrimp (3/4 bag)
- 1 large can mushroom stems and pieces, drained
- 3 Tbsp. butter
- 3 Tbsp. flour
- 1 1/2 c. milk
- 2 tsp. prepared mustard
- 1 Tbsp. Worcestershire sauce
- 1 Tbsp. minced onion
- 2 Tbsp. dry Sherry
- salt and pepper to taste

- Bake pastry shells, following package directions.
 - Cook shrimp just until defrosted; drain and set aside. Melt in saucepan the butter; add flour and then gradually add milk, stirring until thick. Add mustard, Worcestershire sauce, onion, Sherry, salt and pepper. Add mushrooms. Set the mixture aside. When ready to serve, warm sauce in double boiler. Add shrimp at last minute and cook until done.
 - Spoon in pastry shells and serve. Serves 6.
- Gail Lubeck

FISH MOUSSE

- 2 envelopes unflavored gelatin
- 6 Tbsp. cold water
- 1/2 c. mayonnaise
- 1/4 c. lime juice
- 1/4 c. lemon juice
- 2 Tbsp. chopped parsley
- 2 Tbsp. chopped chives
- 2 Tbsp. Dijon mustard
- salt and pepper
- 1 1/2 lb. flaked, cooked fish (halibut, cod or crab)
- 1 1/2 c. whipped heavy cream
- cucumbers, pimentos and scallions for garnish

- Soften gelatin in cold water. Place cup of gelatin and water over warm water to dissolve. Mix gelatin into mayonnaise, lime and lemon juice, parsley, chives, mustard, salt and pepper. Fold in the fish and the stiffly beaten whipped cream. Pour into ungreased mold. Fill mold, bang it and then pack it down. Refrigerate until set, about 4 hours.
 - Garnish with cucumbers, pimentos and scallions.
- Sheila Trachtenberg

STUFFED TURBANS OF FISH

- 8 fish fillets (sole or flounder)
- 3/4 c. mushroom stems, chopped

STUFFED TURBANS OF FISH (Continued)

few drops onion juice	chopped soft part of 12
3 Tbsp. butter	oysters or 1/2 c. crabmeat
1/4 c. flour	salt and pepper
1/2 c. crabmeat	cayenne
	mace

Trim the fish fillets into neat pieces. Coil them inside 8 buttered muffin rings and place in a buttered pan.

Into another pan, place the mushrooms, onion juice, and the 3 tablespoons of butter. Cook 1 minute. Stir in flour. Add gradually, stirring constantly, the crabmeat. Stir until the mixture boils. Add the chopped oysters or additional crabmeat. Season to taste with the salt, pepper, cayenne and mace. Fill the fish-lined muffin rings with the mixture, cover with foil and bake 20 minutes at 375 degrees. Remove the foil and sprinkle with buttered bread crumbs.

Melt 1 tablespoon of butter for 1/2 cup of bread crumbs and add the crumbs; stir lightly with a fork until the crumbs are well coated. Bake until the crumbs are brown. Slip from the rings to a hot platter. Serves 8.

Francine Seiden

SEAFOOD CREPES

Batter for Crepes:

1 c. milk	8 eggs, slightly beaten
1 c. flour	1/4 tsp. salt
2 Tbsp. melted butter or margarine	

Seafood Sauce:

1/3 c. butter or margarine	1/3 c. sweet Sherry
1/3 c. flour	1 1/2 lb. flaked crabmeat or
3 c. scalded milk or light cream	cooked diced lobster or
3/4 tsp. salt	cooked diced shrimp or a
few grains pepper	combination of the three
3 egg yolks	totaling 1 1/2 lb.

Add milk to flour slowly while stirring until smooth and free from lumps. Stir in eggs, salt and melted butter. Use a Teflon skillet, 7 1/2 inches top diameter, heated and brushed with butter or margarine. For each Crepe, use scant

SEAFOOD CREPES (Continued)

- 1/4 cup batter, tilting pan back and forth so that the batter spreads evenly. Cook until batter is set and lightly browned on under side (it is not necessary to turn and cook the other side). Continue until all the batter is used. Makes 20
- Crepes, 6 1/2 inches in diameter. Can be frozen with waxed paper between each Crepe.

- To make sauce, melt butter and blend in flour. Stir over low heat until foaming. Add scalded milk slowly, stirring vigorously until thickened and smooth. Add salt and pepper; simmer 5 minutes. Remove from heat. Add 1 egg yolk at a time, beating well after each addition. Add Sherry. Cook and stir over low heat for about 2 minutes (do not boil). Add seafood; heat to serving temperature.

- To serve: Spoon a strip of seafood sauce across the center of each Crepe; fold edges over. If any sauce is left over, it may be spooned over the top of each serving. Makes 10 servings (2 Crepes per person).

Debbie Seidman

JOYCE'S CRAB IMPERIAL

Takes a little time to prepare, but it's worth it!

- | | |
|--------------------|---------------------------|
| 2 mashed potatoes, | 1 Tbsp. chopped parsley |
| optional | 1 Tbsp. grated onion |
| 2 Tbsp. butter | 1/2 tsp. dry mustard |
| 2 Tbsp. flour | 1 egg, beaten |
| 1 c. hot milk | 1 tsp. salt |
| 1/2 tsp. salt | 1/8 tsp. pepper |
| 1/8 tsp. pepper | 1/2 tsp. celery salt |
| 2 c. crabmeat | 1/4 c. fresh bread crumbs |
| 1/4 c. fresh bread | 3 Tbsp. melted butter |
| crumbs | paprika |

- Preheat oven to 400 degrees. Prepare mashed potatoes. Grease a 1 1/2 quart casserole dish, 6 crab shells or ramekins.
- Prepare the Imperial Sauce: Melt the butter in a saucepan. Add the flour all at once and blend. Cook for about 3 minutes; do not let it brown. Remove saucepan from heat and add the hot milk (you can use half milk and half chicken stock). Stir vigorously with a wooden spoon or a wire whisk. Return to the heat, stirring constantly, until the sauce is smooth and thick, about 2 minutes. Add the salt,

pepper and Sherry. Cook carefully for 5 minutes. Remove saucepan from heat and add the crabmeat, 1/4 cup bread crumbs, parsley, grated onion, dry mustard, beaten egg, salt, pepper and celery salt. Mix well.

For a casserole, pour the crabmeat mixture into the casserole dish. Pipe the mashed potatoes around the edge. Combine the remaining bread crumbs with the melted butter; sprinkle over the top, then dust with paprika.

For the crab shells or ramekins, divide the crab mixture into each of the 6 servers, pipe the mashed potatoes around the edge, sprinkle with the bread crumb-butter mixture and with the paprika. Bake the casserole about 20 minutes or until browned. Bake the individual servings 15 minutes or until browned.

Joyce Malerman

COQUILLES ST. JACQUES A LA PROVENCALE

1/3 c. minced yellow onions	2/3 c. dry white wine or 1/2 c. dry white Vermouth and 3 Tbsp. water
1 Tbsp. butter	1/2 bay leaf
1 1/2 Tbsp. minced shallot or green onion	1/8 tsp. thyme
1 clove minced garlic	6 buttered scallops shells or porcelain or Pyrex shells of 1/3 c. capacity
1 1/2 lb. washed scallops salt and pepper	1/4 c. grated Swiss cheese
1 c. flour in a dish	2 Tbsp. butter, cut into 6 pieces
2 Tbsp. butter	
1 Tbsp. olive oil	
1 (10 inch) skillet	

Cook the onions slowly in the butter in a small saucepan for 5 minutes until tender and translucent, but not browned. Stir in the shallots or onions and garlic; cook slowly for 1 minute more. Set aside. Dry the scallops and cut into slices 1/4 inch thick. Just before cooking, sprinkle with salt and pepper. Roll in flour and shake off excess flour. Saute the scallops quickly in very hot butter and oil for 2 minutes in 10 inch skillet to brown them lightly. Pour the wine or Vermouth and water into the skillet with the scallops. Add the herbs and the cooked onion mixture. Cover skillet and simmer 5 minutes. Then uncover and, if necessary, boil down the sauce rapidly for a minute until it is lightly thickened. Correct seasoning and discard bay leaf. Spoon the scallops and sauce into the

COQUILLES ST. JACQUES A LA PROVENCALE
(Continued)

shells. Sprinkle with the grated cheese and dot with butter. Set aside or refrigerate until ready to gratine. Just before serving, run under a moderately hot broiler for 3 to 4 minutes to heat through and to brown the cheese lightly.

Sandy Fryer

** EXTRA RECIPES **



Vegetables



Miscellaneous



MISCELLANEOUS HINTS

To whiten laces, wash them in sour milk.

When ironing a man's shirt, button the sleeves together. That way they do not touch the floor.

Put a small amount of cologne in the water to be used for sprinkling clothes. Makes ironing pleasant and freshens dresser drawers and closets.

If cottons scorch while ironing, plunge into cold water immediately and let stand 24 hours. The scorched areas will disappear.

When storing linens, leave them unstarched as the starch rots them.

Clothes do not freeze on a wire clothesline if first wiped with kerosene cloth.

A little vinegar added to the water in which you rinse silk stockings will increase their elasticity and make them practically runproof.

To remove a scorch from clothing, rub with a lemon and put in the sun.

When ironing pockets in little girls' dresses, if the pockets are fancy, gathered, or smocked type, stuff them with soft tissue paper before ironing and you'll be delighted with the professional results.

Colored cotton fabrics, which have been soaked overnight in strong salt water, will not fade.

Keep a wet sponge handy when ironing. It's just the thing to dampen any spots which have dried out.

Sprinkle clothes right on the line if you have a garden hose (turn on fine spray). Roll clothes as you take them down.

When you recover your ironing board, first cold starch the cloth and then tack it on while it is damp. It will be perfectly smooth and tight and will stay clean for a much longer time.

Insert a teaspoon in the toe of your nylons when hanging them on the line to prevent blowing and snagging.

After washing cotton or silk gloves, rinse them by holding them under the cold water faucet so the fingers are inflated with water. Then let them drip dry on the same line and they will dry without twisted fingers.

VEGETABLES, MISCELLANEOUS

CHEESY ASPARAGUS

- | | |
|---|---|
| 1 (14 1/2 oz.) can
all green asparagus
spears | 2 tsp. salt
1/8 tsp. pepper
1/2 c. grated extra sharp
Cheddar cheese |
| 1 (5 oz.) can water
chestnuts | 2 hard-cooked eggs, sliced |
| 3 Tbsp. flour | 1 Tbsp. diced pimienta
1/3 c. fresh bread crumbs |

Drain asparagus and water chestnuts, saving 1 cup combined liquids. In small jar, shake together 1/2 cup of this liquid with flour until smooth. Combine with remaining liquid, butter, seasonings and cheese. Cook over medium heat, stirring constantly, until thickened. Add pimienta. Place asparagus in oblong shallow casserole. Thinly slice water chestnuts and arrange over asparagus. Cover with egg slices and pour sauce over all. Sprinkle with crumbs. Bake in 375 degree oven 1/2 hour or until crumbs are lightly browned and sauce is bubbly. Serves 4.

Joyce Malerman

SPECIAL BAKED BEANS

- | | |
|------------------------------------|-----------------|
| 1 can baked beans
2 Tbsp. syrup | 1 Tbsp. ketchup |
|------------------------------------|-----------------|

Mix ingredients together. Heat and then serve. Gives drab baked beans a lift.

Harriett Rudolph

BUTTER COOKED CARROTS

- | | |
|---|--------------------------------------|
| 1 carrot per person
2 Tbsp. butter or margarine for every 4
carrots | salt
sugar
water, if necessary |
|---|--------------------------------------|

Allow 1 carrot per person. Melt 2 tablespoons butter or margarine for every 4 carrots. Scrape the carrots and slice into 1/4 inch thick pieces. Cook, covered, in a heavy pot over a low heat for about 20 minutes until the carrots are tender. Season with salt and sugar. It is not usually necessary to add any water, but watch it.

Gladys Weisbord

COMPANY CAULIFLOWER

1 head cauliflower

1 can cream of shrimp soup

Trim, then soak cauliflower in cold water. Steam cauliflower for 20 to 30 minutes or until a cooking fork pierces easily. This may be done in advance. Put the whole cauliflower in a casserole or pie plate which can be used for serving. Pour the cream of shrimp soup over the cauliflower and heat through in a 350 degree oven. It is very pretty when served with green peas around the cauliflower.

Gladys Weisbord

CAULIFLOWER WITH SHRIMP SAUCE

1 medium head cauliflower
or 2 (10 oz.) pkg. frozen
cauliflower

1/2 c. sour cream
1/4 c. slivered, blanched,
toasted almonds

1 (10 oz.) can cream of shrimp soup

Break the cauliflower into flowerets and cook 10 to 15 minutes in water (or cook the frozen cauliflower according to the package directions). Mix and season to taste the soup and sour cream. When ready to serve, heat the sauce and cauliflower together. Sprinkle with almonds. Serves 6.

Joyce Malerman

CREAMY CORN SCALLOP

1 can condensed cream of
celery, chicken or mushroom soup

1 Tbsp. instant minced
onion

dash pepper

1 (1 lb.) can whole kernel
corn, drained

1 can crumbled soda crackers

2 Tbsp. butter or margarine

Combine soup, onion and pepper. In 1 quart casserole, arrange alternate layers of corn, soup mixture and cracker crumbs; dot with butter. Bake at 400 degrees 25 minutes. Serves 6.

Joyce Malerman

CORN FRITTERS

1 c. flour
1 1/2 tsp. baking powder
1/4 c. sugar
1 egg

1/3 c. milk
1 Tbsp. melted butter or oil
1 medium can corn

CORN FRITTERS (Continued)

Drain corn. Add to ingredients which have been mixed together. Fry in a small amount of hot oil (spoon into pan). Put in baking dish in 325 degree oven for 10 minutes to puff up.

Sandy Fryer

CREPES WITH HERBS

(A nice change with seafood or chicken)

1 1/2 c. sifted all-purpose flour	1 Tbsp. chopped fresh tarragon
2 eggs	1 Tbsp. parsley
1/4 tsp. salt	1 Tbsp. chives
2 1/2 c. milk	3 Tbsp. melted butter

Combine the flour, eggs and salt in a mixing bowl. Gradually add the milk, stirring constantly with a wire whisk. Strain the batter into a mixing bowl, then add the herbs and melt butter. Let mixture rest at least 1 hour. Heat 6 to 7 inch seasoned crepe pan and brush it lightly with butter.

Ladle a little of the batter in, swirling the pan around until the bottom is thoroughly covered with a thin coating. Cook until lightly browned on one side. Flip and cook briefly on the other side. The Crepes should not be brown on the second side. Repeat the procedure until the batter is used up. Makes about 20 Crepes.

Joyce Malerman

FETTUCHINI

1/2 c. Swiss cheese, grated	1/2 c. heavy cream
1/2 c. Parmesan cheese, grated	4 Tbsp. butter
	8 oz. medium fettuchini noodles

Cook the noodles according to the package directions. Drain well. Turn into a heated chafing dish. Toss the butter with the noodles. Add the cheese and cream, alternating between them, a little bit at a time. Toss well. Serve immediately. If desired, sprinkle with fresh ground pepper; toss.

Arlene Felzer

CREPES WITH ASPARAGUS IN MORNAY SAUCE (Elegant!)

Mornay Sauce:

2 Tbsp. butter	1 large egg yolk
2 Tbsp. flour	2 Tbsp. light cream, warm
1 c. hot milk	2-3 Tbsp. grated Swiss cheese
1/4 tsp. salt or to taste	2-4 Tbsp. white wine
freshly ground white pepper to taste	

Asparagus Crepes:

1-1 1/2 lb. asparagus	6-8 (5 inch) Crepes with grated lemon rind
1 1/2 c. Mornay Sauce	

Melt the butter in a 3 cups saucepan. Remove the pan from the heat and blend in the flour. Return to the heat and stir. Cook until the mix is frothy, about 2 to 3 minutes. Remove from the heat. Add the hot milk and wine gradually, while beating the sauce vigorously with a wire whisk. Stir and cook the sauce over a moderate heat for 1 or 2 minutes or until thickened. Add salt and pepper to taste.

In another pan, put the egg yolk and warm cream; mix well. Then gradually stir in the white sauce (Bechamel Sauce). Stir and cook for 1 to 2 minutes, but do not boil. Remove the pan from the heat and use a spoon to stir in the cheese. Taste for salt and pepper (Mornay Sauce). Never beat this sauce after the cheese is added or it will become a thick paste.

Clean and trim the asparagus. Cut to the size of the Crepes (5 inches long for 5 inch Crepes). Precook in a large quantity of boiling water until just tender; they will cook again in the oven. Butter a small baking dish. Put 3 to 5 asparagus, depending on size, down the middle of each Crepe. Put a spoonful or two of the Mornay Sauce on top of asparagus and roll up. Turn the seam down and place in the baking dish. Pour the rest of the sauce over the filled Crepes and bake in a 400 degree oven for 15 minutes. These may be made ahead of time and kept in the refrigerator until time to bake. Serves 6 accompanying a roast, broiled steak or fish. Two or three may also be used as a main dish with fruit and salad. Broccoli may be used instead of the asparagus. Serves 6.

Joyce Malerman

GREEN NOODLES WITH GARLIC

- 1/2 lb. green noodles
- 1/4 c. butter
- 1 clove garlic, finely minced
- salt
- 1/4 c. freshly grated Parmesan cheese
- 1/4 c. freshly grated Swiss or Gruyere cheese
- freshly ground pepper

Cook the noodles in boiling salted water according to package directions. Do not overcook. The noodles should be tender, but not mushy. Meanwhile, heat the butter in skillet; be careful not to brown the butter. Stir in the garlic. Drain the noodles in a colander and return them to the hot pot. Pour the garlic butter over the noodles and quickly toss with the cheeses. Sprinkle liberally with the pepper and serve immediately. Serves 4.

Joyce Malerman

CURRIED FRUIT

- 1 can pineapple rings
- 1 can apricots
- 1 can pears
- 1 can peaches
- 1/2 c. brown sugar
- 1 tsp. curry powder

(Size of cans used depends on how many you wish to serve.)

Drain the fruits. Place fruit in baking dish; sprinkle with and mix in brown sugar and curry powder. (Optional: Dot with butter.) Bake at 350 degrees for 1 hour, even better if baked longer. Serve with fowl, lamb or as a dessert with or without ice cream.

Sandy Fryer

GNOCCCHI

- 1 qt. milk
- 1/4 c. butter, cut in pieces
- 1 c. regular hominy grits
- 1 tsp. salt
- 1/8 tsp. pepper
- 1/3 c. melted butter
- 1 c. Swiss cheese, grated
- 1/3 c. Parmesan cheese, grated

Bring the milk to a boil and add the butter; gradually stir in the hominy grits. Resume boiling and continue to cook and stir about 5 minutes. Remove from heat; add salt and pepper. Beat hard with electric mixer for 5 minutes. Pour into 9 x 13 inch pan. Allow to set. Cut into rectangles.

GNOCCHI (Continued)

Place them one over the other like fallen dominos in a buttered shallow casserole. Pour the melted butter over them; sprinkle with Swiss and Parmesan cheeses. Refrigerate or freeze. To serve, bring to room temperature; heat through in a 400 degree oven for 30 to 35 minutes. Serves 6.

Joyce Malerman

ELECTRIC-BLENDER HOLLANDAISE SAUCE

3 egg yolks
2 Tbsp. lemon juice
1/4 tsp. salt
pinch white pepper

1 stick butter (4 oz.), heated
to bubbling hot in a small
pan

Place egg yolks, lemon juice, salt and pepper in jar of blender. Cover and blend at high speed for 30 seconds. Uncover and still blending at high speed, start pouring in the hot butter by droplets. The heat of the butter warms the egg yolks, and by pouring very slowly, you are giving the yolks time to absorb the butter. When about 2/3 of the butter has gone in, sauce should be a thick cream and you can pour a little more quickly. If not using immediately, you may keep warm by letting the blender jar set in a bowl of warm water. Turn the blender on for a few seconds before serving. If you wish to store in the refrigerator, let come to room temperature, then put on blender for a few seconds before serving. Good over asparagus or broccoli. Serves 4 to 6.

Disaster Remedy: If the sauce refuses to thicken, or if completed sauce curdles, remove it from the blender jar. Then blending at high speed, pour it back in again by driblets.

Sandy Fryer

CREAMED ONIONS AND PEAS

1 can cream of mushroom
or cream of chicken soup
1/3 c. milk
dash pepper

1 (10 oz.) pkg. frozen peas,
cooked and drained
12 small white onions, cooked
(1 lb. can) drained

Blend soup and milk; add peas, onions and pepper. Heat; stir often.

Note: If desired, substitute 2 cups cubed cooked potatoes for onions; decrease milk to 1/4 cup.

Joyce Malerman

RICE CASSEROLE

- 1 finely chopped onion
- 2 Tbsp. butter
- 1 c. rice
- 2 c. boiling chicken broth (can be canned)
- 3 or 4 Tbsp. minced parsley, can be dehydrated

Saute onion in the butter; add rice and stir until the rice is slightly brown. Pour on the boiling chicken broth; add parsley. Put in casserole which has a cover or cover with aluminum foil. Cover and bake in 325 degree oven for 45 minutes or until all the moisture has been absorbed. Good with beef Burgundy or pepper steak.

Sandy Fryer

ORANGE RICE

Simple to make. A novel change from plain rice or potatoes.

- 1 1/3 c. orange juice
- 1/2 tsp. salt
- 1 1/3 c. Minute rice
- 1 1/2 Tbsp. butter
- 1/4 c. slivered almonds

Bring the orange juice to a boil. Add salt and rice. Mix, cover and remove from heat. Let stand for 5 minutes. Add the butter and almonds. Mix and serve to 4 delighted people.

Joyce Erlichman

HEARTY RICE

- 2 c. water
- salt
- 2 Tbsp. margarine
- 1/4 c. flaked dry vegetables
- 2 tsp. powdered bouillon
- 2 c. Minute rice

Boil the water; add salt, margarine, vegetables and bouillon. When the mixture boils again, add the Minute rice. Cover and turn off the heat. Let stand as the rice package directs.

Ruth Sarner

FRIED RICE

- 1/2 c. raw white rice
- 1 small can mushrooms, drained
- 2 Tbsp. oil or butter
- 1 pkg. onion soup mix
- water

FRIED RICE (Continued)

Saute the rice and mushrooms in the oil until light brown. Prepare the onion soup mix with 1/2 of the amount of water suggested on the package. Cook the soup mix for 5 minutes. Pour over the rice and mushrooms. Cover and simmer for 25 to 30 minutes. Serves 4.

Joyce Malerman

SPINACH CASSEROLE

2 (10 oz.) pkg. frozen	salt and pepper
spinach, chopped	1 c. Italian style bread
8 oz. cream cheese	crumbs
1/4 lb. butter	3/4 tsp. sage

Cook the spinach according to package directions and drain. Mix the hot spinach with the cream cheese, 4 table-spoons butter, salt and pepper to taste. Stir to mix well. Pour into a 1 1/2 quart casserole dish. Melt the remaining butter and toss with the bread crumbs and sage. Sprinkle the bread crumb mixture over the spinach-cheese mixture. Bake in a 350 degree oven for 20 to 30 minutes or until hot, bubbly and lightly browned. Serves 6.

Sunny Berkowitz

SPINACH MORNAV

3 (10 oz.) pkg. frozen	1 1/2 tsp. Dijon mustard
chopped spinach	1 tsp. dry mustard
salt and pepper	1 c. milk
4 Tbsp. butter	3 Tbsp. Swiss cheese, grated
3 Tbsp. flour	1/4 c. Parmesan cheese,
cayenne	grated
	4 Tbsp. light cream

Cook spinach slowly without any additional water; drain well and season with salt and pepper. Melt the butter and take off heat; add the flour off the heat. Mix well and put pack on heat for 1 minute. Season with salt, cayenne, Dijon and dry mustards. Blend in milk. Stir over heat until it boils and add the Swiss and Parmesan cheeses and light cream. Simmer 5 minutes. Combine with spinach, and at this point, refrigerate or freeze.

To serve, bring to room temperature; heat thoroughly at 350 degrees 15 to 20 minutes. Five minutes before removing

SPINACH MORNAY (Continued)

from oven, sprinkle generously with Parmesan cheese. Also delicious and very attractive if baked in tomato cases (tomatoes are not freezable). Serves 8 to 10.

Can be refrigerated 2 days ahead or may be frozen.

Joyce Malerman

EASY CREAMED SPINACH

1 pkg. chopped spinach
chopped onion, dry or
fresh

1 pkg. cream cheese with
chives or plain cream cheese

To a package of chopped spinach, cooked and drained, add the package of cream cheese with chives or plain cream cheese and a small amount of chopped onion (dry or fresh).

Rhea Needle

GREEN BEAN AND BEAN SPROUT CASSEROLE

2 pkg. French style
frozen green beans
1/2 tsp. salt
1 (8 oz.) can water
chestnuts, sliced

1 (1 lb. 3 oz.) can bean sprouts,
drained
2 (10 1/2 oz.) cans mushroom
soup
1 (3 1/2 oz.) can French fried
onion rings

Cook the beans as per the package directions. Put half of the beans into a casserole. Layer the salt and water chestnuts on top of the beans. Add the bean sprouts and 1 of the cans of soup. Finish with the other half of the beans and rest of the soup. Bake at 325 degrees for 30 minutes. During the last 10 minutes, crumble the onions on the top.

Shelly Serota

GREEN BEAN CASSEROLE

2 cans French style
string beans
1/2 pt. sour cream
2 tsp. sugar
2 tsp. salt
1/4 lb. Swiss cheese,
grated

2 Tbsp. butter
2 Tbsp. flour
1/4 tsp. freshly ground pepper
1 Tbsp. minced onions
2 individual serving-size boxes
corn flakes, crushed

GREEN BEAN CASSEROLE (Continued)

Drain beans and fold in the sugar, salt, flour, onions and pepper. Fold the sour cream in last. Bake in casserole dish, uncovered, for 25 minutes in a 350 degree oven. Remove casserole from oven and add the grated Swiss cheese and return to the oven. Then melt the butter and blend with the crushed corn flakes. Shake this well in a plastic bag. Sprinkle the corn flake mixture over the vegetable mixture and return to the oven until crisp. Serves 8 to 10.

Arlene Felzer

GREEN BEANS AMANDINE

1 pkg. slivered almonds
1 Tbsp. butter or margarine

1 pkg. frozen French green beans

Cook the green beans as directed on the package; saute the slivered almonds in the butter or margarine. Toss the almonds with the green beans.

Sandy Kuby

GOURMET STRING BEANS

1 lb. fresh string beans,
trimmed
freshly ground pepper

salt
1-2 Tbsp. butter

Snap off the ends of the string beans; do not cut with a knife. Boil salted water in a large pot. When water is boiling, briskly drop beans into pot, a handful at a time. Keep water boiling. Be sure that there is only enough water to just cover the string beans. Boil for 8 minutes, stirring occasionally. Do not put a cover on the pot! Drain immediately and blanch in cold water. The string beans will turn a bright green color. Return beans to pot and sprinkle with the pepper and butter; toss. Reheat over low heat when ready to serve. May be prepared in advance. Serves 4 to 6.

Doris Dion

STRING BEAN CASSEROLE

1 (16 oz.) can string
beans, French style
1 can O and C French
fried onion rings

1 can cream of mushroom soup
1/2 c. sharp Cheddar cheese,
grated

STRING BEAN CASSEROLE (Continued)

Alternate layers of drained string beans (reserving 1/4 cup bean liquid) and onions in a baking dish. Mix the cream of mushroom soup and reserved bean liquid and pour over the vegetable mixture. Sprinkle grated cheese over top. Bake in a 350 degree oven for 30 minutes. Serves 4 to 6.

Sunny Berkowitz

SWEET POTATO BALLS

5 medium sweet potatoes, cooked and peeled	1 Tbsp. butter
1/4 c. orange juice	1/4 c. brown sugar, firmly packed
1 Tbsp. grated orange rind	salt and pepper
	crushed corn flakes

Mash the potatoes and combine with the orange juice, orange rind, butter and brown sugar. Salt and pepper to taste. Shape into balls. Coat with crushed corn flakes. Place on a greased cookie sheet. Heat through in a slow oven. Can be made early and will wait well in the oven.

Rhea Needle

BRANDIED SWEET POTATOES

1 1/2 c. diced apricots	3 Tbsp. melted butter or margarine
2 c. hot water	1 tsp. grated orange rind
6 medium sweet potatoes	2 tsp. orange juice
1/2-1 c. apricot brandy	pecan halves
1 c. firmly packed brown sugar	

Soak apricots in water to cover for 1 hour. Add 2 cups hot water and cook until apricots are plump. Cool and drain well, reserving liquid. Cook potatoes until tender; drain, pare and slice lengthwise. Soak all slices in apricot brandy, coating thoroughly. Arrange alternate layers of potato slices, apricots and brown sugar in greased baking dish. Combine reserved apricot juice, butter, orange rind and juice. Pour over potatoes and apricots. Bake at 375 degrees for 45 minutes, basting occasionally with syrup in dish. About 5 minutes before end of cooking period, place pecan halves on top. Serves 8.

Joyce Malerman

MARINATED VEGETABLES

1 part vinegar	1 small onion, finely chopped
3 parts light oil	1/2 tsp. basil or dill
1 clove garlic, crushed	1 tsp. parsley, finely chopped
salt and pepper	1/4 tsp. mustard

Good with carrots, cauliflower, green beans, celery, etc.

Prepare the selected vegetable(s) and cut into pieces small enough to be eaten in two bites. Simmer the vegetable(s), uncovered in salted water for 10 minutes. Immediately drain and run under cold water. This will stop the cooking process and brighten the color of the vegetable(s). Prepare a French dressing by combining all of the above ingredients. Chill the vegetable(s) in this dressing for 12 to 14 hours. Serve well chilled, either alone or dipped into a pungent sauce.

Joyce Malerman

MARSHA'S CHINESE VEGETABLES

1 pkg. Chinese pea pods	2 Tbsp. butter or margarine
1 (8 oz.) can mushrooms	1/2 lb. thin egg noodles,
1 (18 oz.) can peas	optional

Saute pea pods and mushrooms in the butter or margarine. Drain peas and heat through. Toss pea pods, mushrooms and peas together in covered casserole. Heat in oven 10 minutes at 300 degrees. Thin egg noodles may be used in place of peas. Serves 6.

Marsha Rosenberg

ZUCCHINI WITH TOMATOES AND ONIONS

3 or 4 zucchini squash	salt to taste
1/4 c. onion, chopped	dash freshly ground pepper
some butter	1/4 tsp. oregano
3 medium tomatoes,	flour, optional
peeled and quartered	

Cut zucchini into 1/2 inch slices; do not peel zucchini. Saute onion in a little butter until tender; add the tomatoes and cook 5 minutes. Add squash, salt, oregano and pepper. Cook, covered, over a low heat until squash is tender, about 12 to 15 minutes. If desired, sprinkle with a little flour to thicken the sauce. Serves 4 to 6.

Doris Dion

ITALIAN POTATO SOUFFLE

3 Tbsp. Parmesan cheese	3 eggs, beaten
9 boiled, mashed potatoes	1 (8 oz.) pkg. Mozzarella cheese, sliced
	buttered crumbs
	parsley

Combine Parmesan cheese, mashed potatoes and eggs. Alternate layers in casserole of potatoes, Mozzarella cheese and top with buttered crumbs and parsley. Refrigerate or freeze. When ready to serve, bring to room temperature; bake at 375 degrees for 45 minutes. Serves 9.

Joyce Malerman

VEGETABLE-CHEESE BAKE

1 large bunch broccoli or head cauliflower (or two 10 oz. pkg. frozen, drained)	1 (10 1/2 oz.) can condensed cream of celery, chicken or mushroom soup
1/3-1/2 c. milk	1/2 c. shredded sharp Cheddar cheese
	1/4 c. buttered bread crumbs

Place broccoli or cauliflower in shallow baking dish; 10 x 6 x 2 inches. Blend soup, milk and cheese; pour over vegetables. Top with crumbs. Bake in 350 degree oven 30 minutes or until bubbling. Serves 6 to 8.

Joyce Malerman

OVEN-CRISPED EGGPLANT

1/2 c. saltines (10 doubles), crushed	2 small eggplants, peeled and sliced lengthwise
1/4 tsp. oregano	1 egg
1/2 tsp. paprika	1 tsp. water
1/2 tsp. salt	1/4 c. melted butter

Mix crumbs with oregano, paprika and salt. Dip sliced eggplant into egg mixed with water, then into crumb mixture. Let stand 30 minutes. Place peeled side down in shallow pan. Drizzle with the butter. When ready to serve, bake at 400 degrees for 20 minutes.

Joyce Malerman

MUSHROOM AND EGG BARLEY CASSEROLE

2 onions, minced	2 c. water
2 c. egg noodle barley	salt and pepper
1 (10 1/2 oz.) can cream of mushroom soup	1 (8 oz.) can sliced mushrooms

Saute onions until tender; add egg barley and fry until golden brown. Pour the mixture into a casserole and add the mushroom soup mixed with the water. Season with salt and pepper. Mix in sliced mushrooms. Bake in 350 degree oven until the liquid has been absorbed, about 1 hour. Stir occasionally. Serve as a side dish in place of a starchy vegetable.

Phyllis Haas

MUSHROOMS PAPRIKA

1 1/2 lb. mushrooms, washed, trimmed and sliced	1/2 tsp. salt
1 onion, chopped	1 Tbsp. paprika
3 Tbsp. butter	1 Tbsp. minced parsley
	2 Tbsp. flour
	1 1/2 c. sour cream

Brown the chopped onion in the butter, then add sliced mushrooms, salt, paprika and parsley. Cook 10 minutes. Sprinkle 2 tablespoons flour over mushroom mixture and cook 2 minutes. Add the sour cream and bring slowly to a boil. Serve with fried eggs and croutons.

Sandy Kuby

BUTTERNUT SQUASH

1 butternut squash	1 stick butter
1 c. brown sugar	1 tsp. vanilla
dash cinnamon	1 1/2 c. crushed pineapple

Wash the squash and cut into halves; remove the seeds and fibers. Melt in saucepan over a low heat the butter, brown sugar, vanilla and pineapple. Bring to a boil for 3 minutes. Fill the cavity of the squash with the cooked pineapple mixture and let overflow into the pan. If the mixture does not cover the bottom of the pan, add some of the pineapple syrup from the can. Cover with aluminum foil. Bake in 350 degree oven for 40 to 60 minutes or until tender.

Harriett Rudolph

CARROT QUICHE

(An unusual and very decorative vegetable dish)

Sour Cream Pastry:

2 1/4 c. all-purpose flour	3/4 c. butter (6 oz.)
1/2 tsp. salt	1 egg
	1/4 c. dairy sour cream

Filling:

1 1/2 lb. carrots	1 1/2 c. light cream
6 Tbsp. butter, melted	1 tsp. or to taste of salt
5 eggs	chopped parsley
2 tsp. sugar	

Sift flour and salt onto a board or into a bowl and make a well in the center. Add butter, broken in small pieces, egg and 2 tablespoons sour cream. Work with fingers, blending ingredients into flour until the mixture forms a ball. Add more sour cream if needed, but not enough to make the pastry gloppy. Roll into a ball, wrap in waxed paper and chill at least 4 hours.

Peel and grate the carrots; blanch 2 minutes in boiling water. Drain well. Roll out the pastry and line two 9 inch pans or one 12 inch pan. Prick with a fork. Cover pastry with buttered foil weighted with dried beans or rice. Bake in preheated 425 degree oven for 12 to 15 minutes. Remove the foil and beans; bake 3 minutes longer.

Toss the carrots in butter and sugar; arrange in a pastry shell. Beat eggs and cream together lightly. Add salt and pour over the carrots. Sprinkle with parsley. Bake in a preheated 350 degree oven 20 to 25 minutes for 9 inch Quiche and 35 to 45 minutes for a 12 inch Quiche or until the custard is set. Serve warm.

Joyce Malerman

POTATOES ON HALF SHELL

12 medium potatoes	1/4 tsp. pepper
4 Tbsp. butter	1/2 c. hot milk
2 tsp. salt	

Bake potatoes until done; scoop out and mash well. Add butter, salt, pepper and milk. Beat until fluffy. Don't smooth tops down. Bake at 425 degrees (hot oven); brown

POTATOES ON HALF SHELL (Continued)

lightly. Sprinkle grated cheese and paprika on top. Serves 6 or 12.

Debbie Seidman

SPINACH AND RICE

1 onion, chopped	1 pkg. chopped spinach,
1 Tbsp. butter	thawed
1/3 c. raw rice (not	some lemon juice
Minute rice)	1 c. chicken broth

Saute onion in the butter; combine with rest of the ingredients and simmer for 20 minutes. Serves 4 to 6.

Barbara Satz

JANSSON'S TEMPTATION

2 large onions, sliced thin	2 Tbsp. butter
4-5 raw potatoes, sliced thin	1-1 1/2 c. cream
14-16 Swedish anchovies, plus liquid (about 3 Tbsp.)	

Arrange potatoes, onions and anchovies in layers in ovenproof dish. Pour liquid over and half the cream; dot with butter. Bake at 400 degrees for 10 minutes. Add rest of the cream. Bake 10 more minutes. Reduce heat to 325 degrees. Bake until potatoes are soft. Serves 4.

Barbara Satz

MUSHROOM-STUFFED BAKED TOMATOES

4 large tomatoes	1 (1/5 oz.) pkg. minced onion
1/4 c. butter	1/2 tsp. salt
2 (4 oz.) cans sliced button mushrooms, drained	1/4 tsp. pepper
1 Tbsp. finely chopped chives	4 tsp. dry bread crumbs
2 Tbsp. finely chopped parsley	1/4 c. grated Parmesan cheese
	2 Tbsp. butter, melted

Wash and stem tomatoes; scoop out centers of tomatoes, leaving 1/2 inch thick shell. Place shells in buttered shallow baking dish. Melt butter in skillet; saute mushrooms, chives, parsley and instant onion. Stir in seasonings. Stuff tomatoes with mushroom mixture. Combine bread crumbs,

MUSHROOM-STUFFED BAKED TOMATOES (Continued)

cheese and melted butter; sprinkle evenly on tomatoes. Bake at 350 degrees 20 to 25 minutes. Serves 4.

Joyce Malerman

BROCCOLI SOUFFLE

3 Tbsp. butter	1/2 lb. (about 2 1/2 c.) grated
3 Tbsp. flour	American cheese
1 c. milk	1 (10 oz.) pkg. frozen chopped
1/4 tsp. salt	broccoli
1/8 tsp. pepper	1/2 c. finely chopped onion
	3 eggs, separated

Melt the butter in the saucepan; stir in the flour to make a smooth paste; add milk, salt and pepper. Cook 5 minutes. Add the cheese; stir until it is melted. Fold in the partially thawed broccoli and onion. Fold in the well-beaten egg yolks. Lightly fold in egg whites, beaten until stiff but not dry. (You'll still see some white pieces.) Pour into foil-lined 2 quart baking dish with straight sides. Cover, seal, label, date and freeze. When frozen, remove from the dish; store in a plastic bag; return to the freezer. Recommended storage time: 6 to 8 weeks.

To serve, remove the foil; place in the same dish and set in a shallow pan filled with 1/2 inch hot water; bake in a moderate oven, 350 degrees, covered with foil, about 45 minutes, then uncovered for about 1 hour until puffy and browned. Makes 6 to 8 servings.

Note: It takes less baking time if you freeze this in individual baking cups; makes about 8 cups. To bake, set the cups in shallow pan filled with 1/2 inch hot water; bake in a moderate oven, 350 degrees, about 45 to 50 minutes, uncovered.

To bake without freezing, bake in an unlined dish set in a pan of hot water in a moderate oven, 350 degrees, for 1 hour.

Joyce Malerman

BAKED STUFFED ZUCCHINI

8 small to medium	12 sprigs parsley
zucchini	3 Tbsp. olive oil
2 medium onions	1 c. Swiss chard or spinach,
1 clove garlic	cooked and drained

BAKED STUFFED ZUCCHINI (Continued)

1 tsp. salt	1/2 c. grated Parmesan
1 tsp. dried oregano	cheese
leaves	3 eggs, beaten
1 1/2 tsp. pepper	2/3 c. dry bread crumbs

Cook zucchini in boiling water for 5 minutes; drain and cool. Cut in halves lengthwise; scoop out the center pulp, leaving 1/4 inch shell all around. Chop the onions, garlic and parsley in the blender or food chopper. Saute in olive oil. Put zucchini pulp and chard through the food chopper or in the blender; drain off the excess liquid. Add to the onion mixture and saute a few minutes. Add the seasonings and cheese; mix well. Add eggs and blend; then add the crumbs. Sprinkle the zucchini shells lightly with salt; fill with the pulp mixture. Sprinkle lightly with more bread crumbs. Makes 6 to 8 servings.

To freeze, place on a tray. When it is frozen, package in moisture-vaporproof containers, seal, label, date and freeze. Recommended storage time: 6 to 8 weeks.

To serve, take from the freezer and then place in a covered baking pan. Bake in a moderate oven, 350 degrees, 45 minutes. Uncover and bake 10 minutes longer.

Sondra Bank

FRIED RICE WITH ALMONDS AND MUSHROOMS

2-3 Tbsp. cooking oil	2 chicken bouillon cubes
1 c. chopped scallions or	dissolved in 2 Tbsp. boiling
2 large onions, chopped	water
1 clove garlic, finely	1/2 c. thinly sliced water
grated	chestnuts
1/2 tsp. black pepper	1/2 c. bamboo shoots
2 lb. mushrooms, sliced	4 c. cooked rice
1/4 c. soy sauce	1 c. almonds, chopped

Saute scallions or onions (or a mixture of the two) and the garlic about 10 minutes in the oil. Add mushrooms; saute until the onions are golden and mushrooms are slightly browned. Add the pepper, soy sauce and bouillon cubes dissolved in boiling water. Cover and simmer 3 to 5 minutes. Add water chestnuts, bamboo shoots and rice. Heat through. Add the almonds and heat a few more minutes. Serve immediately. Serves 6 to 10.

Joyce Malerman

Candies o o k i e s



A house should have a cookie jar
for when it's half past three
And children hurry home from school
as hungry as can be,
There's nothing quite so splendid
As spicy, fluffy ginger cakes
And sweet milk in a cup
A house should have a mother
waiting with a hug
No matter what a boy brings home
a puppy or a bug
For children only loiter
when the bell rings to dismiss
If no one's home to greet them
With a cookie and a kiss!!

EMERGENCY SUBSTITUTIONS

<u>Ingredient</u>	<u>Substitution</u>
1 Tbsp. cornstarch (for thickening)	2 Tbsp. flour (approximately)
1 whole egg	2 egg yolks, plus 1 Tbsp. water (in cookies, etc.) 2 egg yolks (in custards and such mixtures)
1 cup fresh sweet milk	1/2 cup evaporated milk plus 1/2 cup water powdered milk plus water (directions on package) 1 cup sour milk or buttermilk plus 1/2 tsp. soda (decrease baking powder 2 tsp.)
1 cup sour milk or buttermilk	1 Tbsp. lemon juice or vinegar plus enough fresh sweet milk to make 1 cup
1 square unsweetened chocolate (1 ounce)	3 Tbsp. cocoa plus 1/2 tsp. shortening
1 cup honey	3/4 cup sugar plus 1/4 cup liquid
1 cup canned tomatoes	about 1 1/3 cups cut-up fresh tomatoes, simmered 10 minutes

CANDIES, COOKIES

ICEBOX COOKIES

14 oz. butter or margarine
2 c. sugar
1 tsp. lemon extract
2 eggs
4 c. flour
a little orange rind, grated

Mix all ingredients. Divide the batter into 4 sections and chill. Form into 4 long rolls. Slice thin and bake 10 minutes at 375 degrees. Decorate cookies before baking with chopped nuts, cinnamon and sugar and chocolate jimmies.

Rhea Needle

SOUR CREAM COOKIES

Dough:

2 c. sifted flour
1 c. oleo (1/2 lb.)
1 egg yolk, blended with 3/4 c. sour cream (1/2 pt.)

Filling:

3/4 c. chopped pecans
or walnuts
3/4 c. sugar
1 Tbsp. cinnamon

Mix flour and oleo with hands until creamy. Add the sour cream and egg yolk. Wrap and store in refrigerator for at least 6 hours (overnight is best).

Divide dough into 3 parts. Keep unused dough in the refrigerator. Roll each part into 9 inch circle. Cut into 16 wedges. Sprinkle with sugar, cinnamon and nuts. Roll each wedge into a crescent. Bake at 375 degrees until lightly tinted (20 minutes) on a greased cookie sheet. Yields 48.

Notes: Roll in lots of confectioners sugar. Don't make in humid weather. Use ice-filled rolling pin. Keep dough in refrigerator until used.

Joyce Malerman

FORGOTTEN COOKIES

2 egg whites
1/4 tsp. salt
3/4 c. superfine sugar
1 tsp. vanilla
6 oz. chocolate bits

FORGOTTEN COOKIES (Continued)

Sprinkle salt into egg whites; whip to soft peak. Beat in sugar, a tablespoon at a time. Continue to beat until very stiff, but not dry. Fold in the chocolate. Drop mixture by teaspoon, making small mounds, on a greased cookie sheet. Place in preheated 375 degree oven. Turn off oven immediately. Do not open oven door until the next day. Remove from oven and pan.

Note: Do not make in humid weather.

Joyce Malerman

WALNUT FUDGE BROWNIES

1/3 c. butter	2 beaten eggs
2 sq. unsweetened chocolate	1/2 tsp. vanilla
1 c. sugar	3/4 c. flour
	1/4 tsp. salt
	1/2 c. broken walnuts

Melt butter and chocolate in top of double boiler. Remove from heat. Cool slightly. Add remaining ingredients and mix well. Pour in greased 8 inch square pan and bake at 375 degrees for 25 to 30 minutes. Cool a few minutes, then turn out on cake rack. Makes 30 to 40 brownies; frost with Fudge Topping.

Fudge Topping:

3 c. 10x sugar	4 1/2 Tbsp. warm coffee
1/8 tsp. salt	3/4 tsp. vanilla
4 1/2 Tbsp. cocoa	4 1/2 Tbsp. very soft butter

Stir all ingredients and mix well. If too soft to spread, chill slightly. Spread on cooled brownies and top with 1/4 cup broken walnuts.

Lynn Wagman

PECAN BALLS

1/2 lb. butter	1 c. chopped pecans or walnuts
4 Tbsp. sugar	
2 tsp. vanilla	1 3/4 c. sifted flour

Mix everything together; roll into 1 inch balls and bake 15 minutes at 350 degrees. Cool and roll in powdered sugar.

Joyce Malerman

SANDBAKKELSE (Sand Tarts)

2 c. flour	1 egg
1/2 lb. butter	1/2 c. oatmeal or almonds
1 c. sugar	1 tsp. almond extract

Set oven at 375 degrees. Sift and measure flour. Cream butter and sugar; add slightly beaten egg. Add oatmeal and extract. Mix in flour. Knead lightly on board. Tear off portions and fill fluted tins. Place on cookie sheet and bake 12 to 15 minutes. Turn out on rack. Cool 3 to 5 minutes. Tap to release. Serve as tarts with whipped cream or any other filling. Makes 48 and will keep nicely in tin.

Barbara Satz

DUTCH ALMOND COOKIES

1/2 lb. butter	1 tsp. vanilla
1 c. sugar	2 c. flour
1 egg yolk	1 (3 1/4 oz.) pkg. slivered almonds
1 egg white	

Cream the butter and sugar; beat in egg yolk and vanilla. Blend in the flour. Spread on a greased cookie sheet with raised sides. Smooth over (with pastry brush or hands) 1 slightly beaten egg white and sprinkle with the slivered almonds. Bake at 325 degrees for 40 minutes or until golden brown. Cut into squares and remove from the cookie sheet while warm.

Variation: Substitute 1 tablespoon cinnamon for the vanilla and top with chopped pecans or walnuts.

Sandy Fryer

BANANA NUT COOKIES

2 1/4 c. flour	2 eggs, beaten
2 tsp. baking powder	1/2 tsp. vanilla
1/2 tsp. salt	1/4 tsp. lemon extract
1/4 tsp. soda	1 c. mashed bananas
1/3 c. shortening	1/2 c. chopped nuts
1 c. sugar	

Sift dry ingredients together. Cream shortening and sugar thoroughly; add eggs, flavorings and beat well. Add bananas alternately with dry ingredients; stir in chopped nuts.

BANANA NUT COOKIES (Continued)

Drop by teaspoons onto greased cookie sheet and bake at 350 degrees for 15 minutes. Makes about 60 cookies.

Debbie Seidman

TOASTED-ALMOND FINGERS

1 c. butter, softened	1 c. toasted almonds, finely chopped
1/2 c. confectioners sugar	
1 egg	1 (6 oz.) pkg. semi-sweet chocolate pieces
1 tsp. vanilla extract	1 Tbsp. vegetable shortening
2 c. sifted all-purpose flour	additional toasted almonds, finely chopped, optional
1/4 tsp. salt	

Cream butter and sugar until very fluffy; add egg and beat well. Then stir in vanilla. Add the flour, salt and finely chopped almonds; mix well. Wrap the mixture in waxed paper and chill until hard (about 30 minutes in the freezer or several hours in the refrigerator).

Using measuring tablespoonfuls of dough, shape dough into 2 inch fingers and place on cookie sheets. Bake cookies in a slow oven, 325 degrees, for about 17 minutes or until done. Cool on a cake rack. Melt the chocolate and shortening over hot water. Carefully dip one end of each finger into the chocolate mixture, then sprinkle with the additional almonds. Put on waxed paper to dry. Store in a cool, dry place. Yields about 48 cookies.

Joyce Malerman

ITALIAN COOKIES

4 large eggs	4 c. flour
1/2 c. oil	2 tsp. baking powder
2 1/2 tsp. vanilla	1/2 tsp. salt
1 c. sugar	

Mix ingredients in order given. Roll out thin on floured board. Cut in strips and tie in bows. Fry in deep fat about 5 to 8 minutes or until brown. Cool and shake on confectioners sugar.

Debbie Seidman

LEMONADE COOKIES

1 c. butter or mar-	3 c. presifted flour
garine	1 tsp. baking soda
sugar	1 (6 oz.) can frozen lemonade
2 eggs	concentrate, defrosted

Preheat oven to 400 degrees. Cream butter or margarine with 1 cup of sugar in a mixing bowl. Add eggs, one at a time, beating well after each addition. Combine flour with baking soda; stir alternately with 1/2 cup of the lemonade concentrate into the egg mixture. Drop the dough by teaspoons 2 inches apart onto ungreased baking sheets. Bake the cookies in a preheated oven for about 8 minutes or until the edges are light brown. Remove the cookies from the oven and brush the hot cookies lightly with the remaining lemonade concentrate, then sprinkle with sugar. Yields about 54 cookies.

Joyce Malerman

SESAME SEED REFRIGERATOR COOKIES

4 c. all-purpose flour	1 c. butter, softened
2 tsp. baking powder	1 3/4 c. sugar
1/2 tsp. salt	3 Tbsp. toasted sesame seed*

*Toast sesame seed in heavy small skillet over medium heat, stirring.

As soon as the seed begins to brown, turn off heat.

Mix together first 3 ingredients. Cream butter and sugar; beat in eggs, then stir in sesame seed. Add flour mixture alternately with 1/4 cup water. Roll dough in waxed paper to make logs about 1 inch in diameter. Chill 3 hours or more in refrigerator. Slice and bake in preheated 375 degree oven for 10 minutes or until cookies are browned at edges. Can be kept several weeks in covered cookie jar.

Debbie Seidman

ANISE COOKIES

(Perfect after an Italian Dinner!)

2 eggs	1/2 tsp. baking powder
1 c. sugar	1/4 tsp. salt
1 1/4 c. sifted all-purpose flour	1 tsp. anise extract

Beat eggs until light and fluffy in small bowl of electric

ANISE COOKIES (Continued)

mixer, about 10 minutes. Add sugar, a tablespoon at a time, beating well after each addition (takes about 10 minutes more). Sift flour, baking powder and salt onto waxed paper. Add the flour mixture gradually to egg mixture, blending well after each addition. Stir in anise extract. Drop dough by teaspoonfuls onto lightly greased cookie sheets, leaving 1 inch between cookies. Let dry, uncovered, at room temperature several hours or overnight.

Bake in moderate oven, 325 degrees, for about 12 minutes or until firm. Cookies will be light in color. Remove from cookie sheet to wire rack. Cool. Yields about 4 1/2 dozen.

Debbie Seidman

MRS. NIXON'S WALNUT CLUSTERS

1/2 c. presifted flour	1 1/2 (1 oz.) sq. unsweetened
1/2 tsp. salt	chocolate, melted
1/4 tsp. baking powder	1 egg
1/4 c. butter	1 1/2 tsp. vanilla
1/2 c. sugar	2 c. chopped walnuts

Preheat oven to 375 degrees; grease baking sheets. Onto a piece of waxed paper, sift together the flour, salt and baking powder. Cream the butter and sugar together in a mixing bowl until light and fluffy. Add the chocolate and beat until smooth. Add egg and vanilla; beat until blended. Add the flour mixture, beating until smooth. Then fold in the chopped walnuts. Drop dough by teaspoons 1 inch apart onto baking sheets. Bake in preheated oven for 10 minutes. Yields about 30.

Joyce Malerman

BROWN EDGE VANILLA WAFERS

1 c. butter	1 c. sugar
1 1/2 c. sifted all-purpose	pinch salt
flour	2 eggs
1 tsp. vanilla	

Preheat oven to 350 degrees. Cream butter and sugar until light and fluffy; add eggs and beat well. Then add vanilla. Add flour and salt; mix well. Drop by 1/2 teaspoonfuls 2 inches apart on cookie sheets. Bake at 350 degrees for about 12

BROWN EDGE VANILLA WAFERS (Continued)

minutes or until the edges start to brown. Remove from the baking sheet at once with a spatula. Store when cool in air-tight can.

Joyce Malerman

MRS. JOHN KENNEDY'S HAZELNUT MERINGUES

1 lb. confectioners sugar, sifted	8 egg whites, stiffly beaten
1 lb. ground hazelnuts	grated rind and juice of 1 lemon
2 tsp. cinnamon	

Preheat oven to 325 degrees. Grease and flour baking sheets. Gradually fold the sugar and hazelnuts into the stiffly beaten egg whites. Fold in lemon rind and juice and the cinnamon. Drop by spoons onto baking sheets; bake in preheated oven for 10 minutes. Remove from baking sheets immediately to cool. Yields about 96.

Sondra Bank

SUPER SIMPLE STRUDEL

Pastry:

3/4 pt. sour cream	1/2 lb. butter
2 1/2 c. flour	confectioners sugar for rolling

Filling:

1/2 jar (10 oz.) orange marmalade	1/2 lemon, grated rind and juice
1 jar (10 oz.) straw- berry jam	1/2 c. raisins
	1/2 c. grated coconut
	3/4 c. chopped walnuts

Mix the butter, flour and sour cream; blend very well. Divide the dough into 5 equal parts, wrap in waxed paper and refrigerate overnight. At this time also, if you have one, fill a Tupperware rolling pin with cold water and chill this overnight, also.

The next day, combine the jams, lemon, raisins, coconut and walnuts. Roll the dough into a long rectangle about 6 inches wide (roll in a mixture of half flour and half confectioners sugar); spread dough with filling and roll, being careful not to puncture the dough and tuck in the ends. Bake

SUPER SIMPLE STRUDEL (Continued)

at 350 degrees for about 1 hour. Slice while warm, then cool on a cake rack. Do not try this recipe on a rainy or humid day, it will melt. Yields about 50 pieces of Strudel.

Joyce Malerman

CAROLYN'S HUNGARIAN FRUIT SQUARES

3 c. flour	2 beaten eggs
1 c. sugar	2 tsp. vanilla
1 tsp. salt	your choice of preserves
1 c. butter	

Cut the butter into the flour until it is the size of peas, then add the sugar, salt, eggs and vanilla until well mixed. The dough will be quite soft. Chill 1/4 of the dough (wrapped in waxed paper). Press the remainder of the dough into an ungreased jelly roll pan. Spread with your favorite preserves about 1/8 to 1/4 inch thick (Carolyn uses her own homemade strawberry preserves). Now roll the chilled dough thin and cut into long, 1/2 inch wide strips; make a lattice on top of the preserves and seal the edges down. Bake for 30 minutes in a 325 degree oven. Cool and cut into 2 inch squares.

Joyce Malerman

SOUR CREAM CHOCOLATE COOKIES

4 oz. chocolate (sq., melted and cooled, or envelopes)	1 c. sour cream
1 c. butter	1 tsp. baking soda
2 c. firmly packed brown sugar	3 c. sifted flour
2 eggs	1/2 tsp. salt
	1 tsp. baking powder
	1 Tbsp. vanilla extract
	1 c. broken walnut meats

Butter a cookie sheet and preheat oven to 375 degrees. Cream butter and sugar; add eggs, one at a time, beating well after each addition. Add the chocolate. Mix the sour cream and baking soda. Sift flour, salt and baking powder together; beat in alternately with sour cream. Add vanilla and stir in nut meats. Drop from teaspoon onto buttered cookie sheet about 2 inches apart. Bake at 375 degrees for 8 to 10 minutes. Yields 5 to 6 dozen cookies.

Joyce Malerman

MY MOTHER'S GOLDEN ROLL-UPS

- 1/2 c. margarine
- 1/2 c. sugar
- 2 eggs
- 1/2 c. grated raw carrots
- 2 c. flour
- 2 tsp. baking powder
- 1/4 tsp. salt

Filling:

- 3/4 c. orange mar-
malade
- 3/4 c. seedless raisins
- 3/4 c. chopped pecans
- 3/4 c. shredded coconut

- Cream shortening and eggs until light and fluffy; add the grated carrots. Add flour, baking powder and salt. Mix to a soft dough. If necessary, add more flour. Divide into 4 parts. Chill for 1/2 hour.

- Sprinkle a large board with a layer of sugar. Keeping other dough in the refrigerator, place one part of the dough on the sugared board. Roll out 12 x 5 inches. Spread dough with a layer of jam and sprinkle with raisins (which have been soaked in warm water), nuts and coconut. Roll up very carefully from wide side. Cut into 11 pieces with a knife which has been dipped in sugar. Place the pieces a little distance apart on a greased cookie sheet, with smooth part of the dough on top. Repeat with remaining dough. Bake at 350 degrees from 15 to 20 minutes. Remove from pan immediately. Cool. Yields about 44.

Sandy Fryer

LEMON BARS

- 1 c. flour
- 1/2 c. butter
- 1/4 c. confectioners
sugar
- 2 eggs, beaten
- 2 Tbsp. flour
- 1/2 tsp. baking powder
- 3 Tbsp. lemon juice
- grated rind of 1 lemon
- 1/4 c. confectioners sugar
- 1 (8 x 8 x 2 inch) pan

- Preheat oven to 350 degrees. In a large bowl, mix 1 cup flour, butter and 1/4 cup confectioners sugar together. Press this mixture into a greased 8 x 8 x 2 inch pan. Bake for 20 minutes. In a separate bowl, mix the granulated sugar, eggs, 2 tablespoons flour, baking powder, lemon juice and lemon rind; blend well. Remove baked mixture from oven and pour the lemon mixture over it. Bake 25 minutes longer.

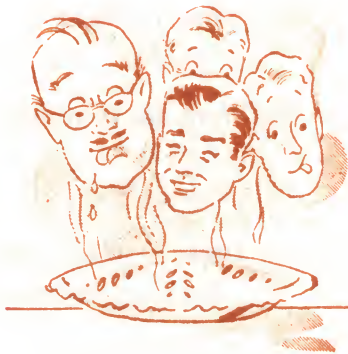
LEMON BARS (Continued)

Remove the pan from the oven and sprinkle with the remaining 1/4 cup confectioners sugar while the cake is still warm; cut into bars and remove from the pan. Serves 8.

Joyce Malerman

** EXTRA RECIPES **

"All new dishes fade, the newest oft the fleetest;
Of all pies ever made, the apple's still the sweetest."



Pies - Pastries - Desserts

Take time *for 10 things*

- 1 *Take time to Work—*
it is the price of success.
- 2 *Take time to Think—*
it is the source of power.
- 3 *Take time to Play—*
it is the secret of youth.
- 4 *Take time to Read—*
it is the foundation of knowledge.
- 5 *Take time to Worship—*
it is the highway of reverence and washes
the dust of earth from our eyes.
- 6 *Take time to Help and Enjoy Friends—*
it is the source of happiness.
- 7 *Take time to Love—*
it is the one sacrament of life.
- 8 *Take time to Dream—*
it hitches the soul to the stars.
- 9 *Take time to Laugh—*
it is the singing that helps with life's loads.
- 10 *Take time to Plan—*
it is the secret of being able to have time
to take time for the first nine things.

PIES - PASTRIES - DESSERTS

PARTY CHAMPAGNE MOLD (Definitely Something Special!)

Clear Layer:

- | | |
|--------------------------------|--|
| 2 envelopes unflavored gelatin | 1 c. (6 oz.) frozen lemonade concentrate, unthawed |
| 2 c. cold water | 1/2 c. Champagne |

Cream Layer:

- | | |
|--------------------------------|--|
| 3 envelopes unflavored gelatin | 2 (6 oz.) cans frozen lemonade concentrate, unthawed |
| 1 3/4 c. cold water | 1 c. Champagne |
| 1/2 c. sugar | 2 c. heavy cream, whipped |

For the clear layer of the mold: Sprinkle the gelatin over 1 cup of cold water in a saucepan. Place over low heat; stir constantly until gelatin dissolves, this takes about 4 or 5 minutes. Remove from heat; add sugar and stir until it is completely dissolved. Add the frozen lemonade concentrate; stir the mixture until the lemonade is melted. Add remaining 1 cup of cold water and 1/2 cup Champagne; stir to mix. Pour this mixture into a 12 cup mold and chill until almost firm.

Meanwhile, start preparing the cream layer: Sprinkle the gelatin over cold water in medium saucepan; place over low heat and stir constantly until all of the gelatin dissolves, about 4 to 5 minutes. Remove the mixture from the heat and stir in the sugar. When the sugar is completely dissolved, add the remaining frozen lemonade and then stir until it is completely melted. Add and gently stir in 1 cup of Champagne. Chill the mixture, stirring occasionally, until the mixture is the consistency of unbeaten egg white. Fold in the whipped cream. Pour this mixture over the almost firm clear layer in the mold and chill until it is firm.

To serve, unmold onto a cold platter and serve with slightly sweetened sliced or whole strawberries ladled over it and, if you wish, thinly sliced pound cake or ladyfingers. Serves 12 to 15.

Joyce Malerman

APRICOT JELLO MOLD

- | | |
|----------------------------|---|
| 1 large can apricot nectar | 2 family-size boxes apricot jello (A & P brand) |
|----------------------------|---|

APRICOT JELLO MOLD (Continued)

1 (#2 1/2) can apricots 1 pt. sour cream
Maraschino cherries

Boil the apricot nectar. Dissolve jello in nectar. Decorate the inside of a mold with the apricot halves and the Maraschino cherries. Mash remaining apricots and add to the jello mixture. Pour 1/3 of the mixture into the mold and refrigerate until chilled. Remove from refrigerator. Add a layer of sour cream. Add 1/3 more of the jello mixture and refrigerate again. After this has chilled, repeat with more sour cream and the last of the jello mixture. Refrigerate.

Bobbie Cohen

STRAWBERRY AND SOUR CREAM MOLD

4 small pkg. strawberry jello	1 c. cold water
3 c. boiling water	1 (15 oz.) can pineapple chunks
1 c. pineapple juice	3 small boxes sliced or 1 large box whole, plus 1 small box sliced strawberries
1 c. strawberry juice	
1 pt. sour cream	

Draw the juices from the fruit. Set aside 3/4 of the strawberries to do this. Dissolve the jello in the boiling water. Add the fruit juices to the cold water (decrease the cold water if the strawberry juice equals more than 1 cup); there should be no more than 6 cups liquid. Refrigerate until the gelatin begins to thicken. When it begins to thicken, whip in the sour cream. Fold in the pineapple and strawberries.

Sondra Bank

DAIQUIRI PEACH BAVARIAN

1 (3 oz.) pkg. lime-flavored gelatin	1 c. whipping cream
1/4 c. sugar	1/4 tsp. almond extract
3/4 c. boiling water	2 medium size unpeeled fresh peaches, diced
1/2 c. light rum	some fresh peach slices sprinkled with lemon juice
1/4 c. lime juice	

Combine lime gelatin with sugar, then dissolve in the boiling water; stir in the rum and lime juice. Chill until slightly thickened. Whip the cream and almond extract until

DAIQUIRI PEACH BAVARIAN (Continued)

- stiff. Fold the whipped cream into the gelatin; fold in the diced fresh peaches. Pour into a 1 1/2 quart mold. Chill several hours until the mold is firm. Unmold and garnish with additional whipped cream and fresh peach slices.
- Serves 6 to 8.

Joyce Malerman

CHOCOLATE PECAN MOLD (A Perfect Hot Weather Party Dessert)

- | | |
|--|---------------------------------|
| 1/2 c. chocolate wafer crumbs (about 10 cookies) | 6 oz. semi-sweet chocolate bits |
| 1/2 c. pecans, put through the blender | 3/4 c. sugar |
| 1 Tbsp. unflavored gelatin | pinch salt |
| 1/4 c. cold water | 1/2 c. milk |
| | 3 eggs, separated |
| | 1 c. heavy cream, whipped |
| | 1 tsp. vanilla extract |

- Rinse a 10 inch spring form pan with cold water and line it with waxed paper. Mix the crumbs and nuts; press half of them in the bottom of the pan. Soak the gelatin in the cold water. Put the chocolate, 1/2 cup of the sugar, salt, and milk in the top of a double boiler. Cook over simmering water, stirring, until the mixture is thick and hot.

- Beat egg yolks until thick and lemon colored. Stir in the hot chocolate mixture slowly, beating as you add, and return all of it to the double boiler over hot water until thick. Add the soaked gelatin and stir until dissolved. Chill until the mixture begins to set. Beat egg whites until they are stiff but not dry. Beat in the remaining 1/4 cup sugar gradually and then fold this into the thickened gelatin mixture. Fold in the cream and vanilla also. Spoon the pudding into the pan on top of the crumbs and nuts. Sprinkle the rest of the crumbs on top of the pudding. Refrigerate several hours or overnight.

To serve, unmold and pass additional whipped cream.

Serves 8 to 10.

Joyce Malerman

ICEBOX CAKE

- | | |
|--|----------------|
| 2 small pkg. semi-sweet chocolate bits | 1/4 c. sugar |
| 1/2 c. water | 1 tsp. vanilla |
| | 1/2 tsp. salt |

ICEBOX CAKE (Continued)

6 eggs
1 1/2 pkg. ladyfingers

1 round pound cake

In the top of a double boiler, mix the 2 packages of chocolate bits with the water, sugar, vanilla and salt. Cook and stir until smooth. Separate the 6 eggs. Beat yolks; add 1/2 cup of the chocolate mixture to the beaten egg yolks. Mix well. Pour back into the double boiler. Cook a few minutes more until caramely. Take from the heat and cool.

Butter the sides of a spring form pan. Line the pan with ladyfinger halves. Now slice the round pound cake into 7 layers. Beat the egg whites stiff and fold into the chocolate mixture. Alternate a layer of cake, then 1/2 of the chocolate mixture, etc. End with a thick layer of chocolate. Make a day in advance and keep refrigerated. This cake freezes nicely.

Joyce Malerman

ICEBOX CAKE

3 (3 3/4 oz.) pkg. choco-
late pudding
6 c. milk

1 (1 lb.) box graham crackers*
whipped cream

*You will most likely have some left over.

Prepare pudding with milk according to package directions. Cool. Put 9 graham crackers into bottom of a 9 inch square pan (some space will be left on sides of pan). Cover with a fifth of the pudding (little more than 1 cup). Build up 5 layers of graham crackers and pudding, ending with pudding. Refrigerate. To serve, cut into cracker-sized portions and top with whipped cream. Serves 9.

Faith Zipper

CHOCOLATE ICE CREAM MOLD

6 oz. cream cheese
2 c. light cream

2/3 c. sugar
3 oz. semi-sweet chocolate
bits

Melt the chocolate over hot (not boiling) water. Cube cream cheese and place in blender; add 1 cup of the cream and sugar. Blend until smooth; add melted chocolate and rest of cream. Blend until smooth; pour into mold. Freeze until firm. Serves 6.

Joyce Malerman

EASY CHOCOLATE CHIP ICE CREAM

- 2 eggs, separated
- 1/2 c. sugar
- 2 tsp. vanilla extract
- 2 c. heavy cream, whipped
- 6 oz. semi-sweet chocolate, grated

Beat the egg yolks; add sugar gradually, then add the vanilla. Beat until smooth and creamy, about 5 minutes. Beat egg whites until stiff and fold into egg yolk-sugar mixture. Fold in whipped cream and grated chocolate. Pour into 2 refrigerator trays and freeze. Makes 2 pints.

Joyce Malerman

AUNT NORMA'S STRAWBERRY WHIPPED CREAM ROLL

- 3/4 c. cake flour
- 1 tsp. baking powder
- 1/4 tsp. salt
- 4 eggs, separated
- 3/4 c. sugar
- 1 tsp. vanilla
- 2 Tbsp. water

Filling:

- 2 c. heavy cream, whipped
- 3 c. fresh sliced strawberries
- 6 Tbsp. confectioners sugar

Sift dry ingredients. Beat egg whites until stiff. Add half of sugar, 2 tablespoons at a time. Beat yolks until thick. Add remaining sugar, water and vanilla. Beat until very thick. Fold in egg whites. Fold in dry ingredients. Bake in a 10 x 15 inch pan (jelly roll pan) lined with waxed paper or greased heavily. Bake 15 to 20 minutes until lightly browned at 375 degrees. Immediately turn out onto a towel which has been sprinkled with confectioners sugar. Remove paper quickly and roll into a jelly roll in the towel. Cool on rack.

When cool, unroll the cake. Spread with whipped cream and berries. Re-roll, spread top with whipped cream and garnish with berries.

Sandy Fryer

ICE CREAM CAKE

- 4 c. fine chocolate wafer crumbs (two 8 1/2 oz. boxes)
- 1 c. melted butter or margarine
- 2 pt. each of 3 different flavors of ice cream

Make crumbs from the chocolate wafers. Combine the

ICE CREAM CAKE (Continued)

crumbs with melted shortening, then set aside $\frac{2}{3}$ cup. Firmly press the remaining crumbs over the bottom and up the sides of a 9 inch spring form pan, having the round insert in place. Freeze about 15 minutes or until firm. Then remove from freezer and quickly spread the first flavor of ice cream (which has softened slightly) over the bottom in an even layer. Sprinkle with $\frac{1}{3}$ cup of the reserved crumbs. Return to freezer until the ice cream is firm. Repeat with the next flavor of ice cream and sprinkle with the remaining crumbs. Freeze this layer, then repeat with the third flavor of ice cream but omit sprinkling of crumbs. Cover the spring form pan with foil and return to freezer. To serve, invert spring form pan onto chilled serving plate. Release catch and remove sides and bottom of pan. Cut into wedges with knife dipped in cold water.

Sandy Fryer

AUNT NORMA'S CHOCOLATE ICE CREAM CAKE ROLL

6 eggs	4 Tbsp. cocoa
$\frac{1}{2}$ tsp. cream of tartar	4 Tbsp. sifted flour
1 c. sugar	$\frac{1}{4}$ tsp. salt
	1 tsp. vanilla

Separate eggs; beat whites with cream of tartar until stiff. Beat in $\frac{1}{2}$ cup sugar until the whites are glossy. Beat yolks until they are thick and lemony; beat in $\frac{1}{2}$ cup sugar. Sift together cocoa, flour and salt. Beat this mixture into the yolks. Stir in the vanilla. Fold this mixture into the egg whites. Spread $\frac{1}{2}$ inch thick in a 10 x 15 inch pan (jelly roll pan) lined with well-greased waxed paper. Bake just until the surface springs back when touched lightly with your finger, 325 degree oven for 25 to 30 minutes.

Immediately turn upside down onto a towel sprinkled with confectioners sugar. Immediately remove paper from cake and roll up. Unroll when cool, fill with your favorite ice cream and freeze. Serve with your favorite chocolate sauce or frosting.

Sandy Fryer

SAUCE MARTINIQUE (A Fantastic Chocolate Sauce)

4 (1 oz.) sq. semi-sweet chocolate	1 c. brown sugar
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SAUCE MARTINIQUE (Continued)

- 2/3 c. whipping cream
- 3 Tbsp. grated orange rind
- 1/4 tsp. salt
- 1/4 c. dark rum

Cook chocolate, brown sugar, whipping cream and salt in top of double boiler until thick and smooth (can be done ahead of time). Heat orange rind in a chafing dish; add rum and warm slightly. Flame rum. Blend in 1/4 to 1/3 cup of chocolate sauce. Serve over ice cream balls.

Store remaining sauce for use at a later time. If you are serving more people, just add a little more sauce. For example, 1/2 cup should serve 6 people. This is also a great sauce for chocolate fondue.

Sandy Fryer

GRAND MARNIER SAUCE FOR FRUIT (Terrific over sliced fresh fruits or fruit tarts !!)

- 5 egg yolks
- 1/4 c. Grand Marnier
- 1/2 c. plus 2 Tbsp. sugar
- 1 c. heavy cream

Add egg yolks and 1/2 cup of sugar to a 2 quart mixing bowl that will rest snugly on top of a slightly larger saucepan. Add about 2 inches of water to saucepan and bring to a boil. Beat egg yolks vigorously with a wire whisk or portable electric beater, making sure you scrape around the inside bottom of the bowl with the beater. Place the mixing bowl on the saucepan; do not allow the bowl to touch the water, and continue beating for 10 minutes or so until the yolks are quite thick and pale yellow. Remove the bowl from the saucepan and stir in half of the Grand Marnier. Allow the sauce to cool and then refrigerate until thoroughly cold. Beat the cream with 2 tablespoons sugar until it is almost, but not quite, stiff. Fold the cream into the cold sauce, then add remaining Grand Marnier. Serves 10.

Joyce Malerman

PETITS POTS DE CREME AU CHOCOLAT

- 2/3 c. semi-sweet chocolate bits or
- 1 whole egg plus 2 egg yolks (U.S. graded large)
- 4 oz. (4 sq.) semi-sweet baking chocolate
- 1 1/2 Tbsp. dark Jamaican rum
- about 1 c. light cream
- 4 ramekins or chocolate pots, 1/2 c. capacity
- 2-3 Tbsp. sugar, optional
- 1 baking dish to hold ramekins

Place the chocolate in a quart measure and add enough cream to come to the 1 1/2 cup mark. Pour into saucepan and set over a low heat, stirring occasionally, until the chocolate has melted completely. Stir in sugar to taste.

Blend the egg and yolks in a bowl just enough to mix them. Stirring the eggs, gradually pour on the hot chocolate mixture in a thin stream. Stir in the rum. Then strain the mixture through a fine-meshed sieve back into the quart measure. Remove all foam with a spoon (foam will make holes in the top of custards). Pour into the ramekins and again remove all of the foam and bubbles. Set the ramekins in the baking dish. Add boiling water to 2/3 the height of ramekins. Cover the baking dish loosely with aluminum foil to prevent the tops of the custards from crusting.

Bake in the lower third of a preheated 350 degree oven for about 20 minutes regulating the heat so that the water in the baking dish never quite simmers. Timing and temperature are important, as too much heat makes the custard granular and too long cooking makes it separate when it cools. Custards are done when they have puffed in a slight dome but still tremble gently.

Serve hot, warm or chilled, with lightly sweetened whipped cream. You may form the whipped cream into fancy shapes with a pastry bag on waxed paper and freeze. These decorations are then available any time you need them.

Joyce Malerman

CREPES SUZETTES

Crepes:

1 c. water	1/4 c. melted butter
1 c. milk	2 Tbsp. Grand Marnier
2 c. all-purpose flour,	pinch salt
sifted	butter and olive oil for
4 egg yolks, beaten	frying

Suzette Sauce:

24 sugar lumps	4 good size strips lemon rind
4 whole oranges	3/4 c. cold butter
2 whole lemons	5 Tbsp. Grand Marnier
4 good size strips orange	3 Tbsp. yellow chartreuse
rind	6 Tbsp. Cognac

CREPES SUZETTES (Continued)

- Mix well the water, milk, flour, egg yolks, Grand Marnier and salt. Refrigerate for at least 2 hours or overnight. When ready to cook, place a small amount of butter and olive oil into a 6 inch skillet. Roll and turn the skillet
- until the sides are covered lightly with oil. Spoon in enough batter to cover the bottom of the pan lightly. Cook until golden brown (do not burn), then turn and quickly cook the other side.
- When the Crepe is cooked, place on a warm plate and cover. Continue until all the Crepes are made.

- Have everything ready before starting to prepare the sauce. Rub all sides of 12 lumps of sugar well over the skins of the oranges to absorb the orange oil. Rub the other 12 lumps of sugar over the lemons. Then cut the oranges in halves. Pound or mash the flavored sugar lumps on a board.
- Cut the strips of orange and lemon rind (zest) into very thin slivers. Place the cold butter, slivers of lemon and orange rind, and the mashed sugar in the bottom pan of a chafing
- dish. Then take 1 orange half at a time in the left hand, and holding the orange half over the pan, with the right hand use a fork to extract the orange juice; about 3/4 cup will be
- squeezed from the oranges. Mix the juice well into the butter mixture. Add 2 tablespoons of the Grand Marnier.

- Light the flame under the pan; let the pan warm and then place 4 Crepes in it. Turn and baste. Then fold each
- in half and baste again. Fold each into a triangle. Move the triangles to the edge of the pan. Heat the rest of the Crepes in the same way, as quickly as possible. Then shake the pan
- and add the rest of the Grand Marnier, the Chartreuse and the Cognac. Be careful to shield your face from the pan. Ignite the sauce, shake the pan and baste the Crepes. Serve
- immediately, with all the sauce spooned over the Crepes. Enjoy a pony of Cognac or Grand Marnier or Chartreuse with your delicious Crepes Suzettes. Serves 4 to 6.

Joyce Malerman

APRIL FOOL CAKE

- 1 envelope unflavored gelatin 3 eggs, separated
- 1 1/2 c. milk 1 pkg. semi-sweet chocolate bits
- 6 Tbsp. sugar 1 tsp. vanilla
- 1/4 tsp. salt

- Put the milk into the top of a double boiler; sprinkle in the gelatin and let stand to soften. Add 2/3 package of the

APRIL FOOL CAKE (Continued)

chocolate bits, salt and 2 tablespoons of the sugar. Set over boiling water, stirring frequently, until the gelatin is dissolved and the chocolate is melted. Beat with rotary beater until the mixture is smooth. Beat egg yolks slightly and then, stirring constantly, slowly pour the gelatin mixture over them. Return the mixture to the top of the double boiler and cook, stirring, for 3 minutes. Chill until syrupy. Beat egg whites until stiff. Gradually add rest of the sugar, beating until very stiff. Add vanilla. Fold in chocolate mixture. Turn into a 5 cup loaf pan. Chill until firm. Unmold and frost with whipped cream. Garnish with chocolate bits and chopped nuts.

Joyce Malerman

LYNN CAVO'S BUTTERMILK COBBLER

(This is a marvelous dessert for family dinners; great at a barbecue.)

1 c. Bisquick	1 stick butter (1/4 lb.)
1 c. buttermilk	2 c. fruit
1 c. sugar	

Melt the butter in a 1 quart casserole (or a 9 or 10 inch pie pan). Gradually add the sugar and Bisquick. Dissolve the lumps and add the fruit. I use fresh peaches, nectarines and blueberries, but frozen fruit can be used also with great success. Bake in a 350 degree oven for 30 to 40 minutes or until it is golden brown. Sprinkle with sugar. Serve the cobbler warm with ice cream. Serves 8.

Joyce Malerman

ORANGE AND LEMON ICE

(A lovely light dessert, perfect for summer!)

2 c. cold water	1/2 c. fresh lemon juice
1/2 c. granulated sugar	1 c. fresh orange juice
1 tsp. grated lemon rind	6 Tbsp. Grand Marnier, Cointreau or Triple Sec

Boil water, sugar and lemon rind together about 5 minutes; then cool. Add lemon juice and orange juice; mix well. Place the mixture in the freezer for about 1 1/2 hours. Remove frozen mixture from freezer and beat in 2 tablespoons

ORANGE AND LEMON ICE (Continued)

- of the Grand Marnier, Cointreau or Triple Sec. Return the mixture to the freezer until you are ready to serve. When ready to serve, spoon the Orange and Lemon Ice into wine glasses and float 1 tablespoon of the liqueur over each glass.
- Float the liqueur, do not mix it in. Serves 4.

Joyce Malerman

FROZEN RASPBERRY SQUARES

(This is a beautiful and unusual dessert!)

- 1 c. chocolate wafer crumbs (12-15 cookies)
- 3 Tbsp. melted butter
- 1 tsp. vanilla extract
- 1/4 c. pistachio nuts, put through the blender
- 1 1/2 qt. soft pistachio ice cream
- 1 (8 oz.) jar seedless raspberry jam
- use favorite chocolate sauce

- Line 2 ice cube trays with waxed paper or aluminum foil. Mix the chocolate wafer crumbs, butter, vanilla and nuts thoroughly. Spread half of the crumb mixture on bottom of the trays. Spread the softened ice cream over crumbs.
- Top the ice cream with raspberry jam in a thin layer, then spread rest of the crumbs on top. Freeze several hours or overnight. To serve, cut into squares and pass chocolate sauce. Serves 10 to 12.

Joyce Malerman

SUSAN'S RUSSIAN CREME

- 1 pt. heavy cream
- 1 c. sugar
- 1 pkg. Knox gelatin
- 1 pt. sour cream
- 1/2 c. cold water

- Add gelatin to cold water to soften; add heavy cream and sugar. Stir and heat slowly. Then add the sour cream. Blend well. Refrigerate 12 to 24 hours. Serve with fresh fruit.

Joyce Malerman

SOUR LEMON EGGS

- 6 jumbo lemons
- 1 envelope unflavored gelatin
- 1/4 c. cold water
- 3/4 c. sugar
- 6 drops yellow food coloring

SOUR LEMON EGGS (Continued)

3/4 c. heavy cream,	mint leaves
whipped	1 egg carton

Cut 1/2 inch caps off the blossom end of the lemons in a saw-tooth pattern; reserve the caps. Carefully scoop out the pulp of the lemons and put into the blender to liquefy it; strain and measure 1 cup of lemon juice. Set aside. Attach foil collars around the lemon shells. Set the shells in an egg carton. Soften the gelatin in 1/4 cup water. In small saucepan, combine sugar and lemon juice. Bring to a boil. Remove the saucepan from the heat; add softened gelatin and food coloring. Cool the mixture over cracked ice, stirring slowly until the mixture is thick. Fold in the whipped cream.

Fill the shells with the mixture about 1/2 inch above the edge of the lemon shell. Chill at least 4 hours (or overnight) in the refrigerator. Remove the foil collars carefully. Top with the lemon caps and garnish with mint leaves. Serves 6.

Joyce Malerman

CHERRIES JUBILEE

1 (#2) can pitted black cherries	3 oz. brandy or rum
1 Tbsp. cold water	1 sugar cube
1/2 tsp. cornstarch	1 Tbsp. lemon extract
	vanilla ice cream

Drain cherries and heat juice. Dissolve cornstarch in water and stir into juice until the juice thickens but does not boil. Pour into chafing dish if desired. Add cherries and heat. Add 3 ounces warm brandy or rum. Add lump of sugar which has been soaked in the lemon extract. Light the floating sugar cube and the entire mixture will flame. Serve over vanilla ice cream. Serves 6.

Sandy Fryer

MOLDED CARAMEL CUSTARD

5 large eggs	1 (6 c.) cylindrical mold or
4 egg yolks	baking dish about 3 1/2
1 (2 1/2 qt.) mixing bowl	inches deep
1 wire whip	1/2 c. granulated sugar
3/4 c. granulated sugar	2 1/2 Tbsp. water
3 3/4 c. simmering milk	a pan of boiling water
1 1/2 tsp. vanilla extract	

MOLDED CARAMEL CUSTARD (Continued)

Caramelize your mold or baking dish as follows:

- Bring 1/2 cup granulated sugar and 2 1/2 tablespoons water to boil in a small, heavy saucepan, slowly swirling the pan by its handle until sugar has dissolved completely and liquid is perfectly clear. Then boil, swirling pan frequently, until sugar has turned a caramel-brown, 2 to 3 minutes. Immediately pour the hot caramel into your mold and turn in all directions to film bottom and sides if possible. Do not worry if you cannot coat sides well. When caramel ceases to run, reverse mold onto a plate. Preheat oven to 350 degrees.

- Beat eggs and yolks in the mixing bowl with a wire whip; gradually beat in sugar. When mixture is light and foamy, beat in hot milk in a very thin stream. Beat in the vanilla extract. Strain through a fine sieve into caramelized mold. Set in a pan of boiling water and bake in lower third of preheated oven. To ensure a smooth custard, regulate heat so water in pan never quite simmers. Custard is done in about 40 minutes, or when a knife plunged down through the center comes out clean.

- To serve warm, let settle for 10 minutes in a pan of cold water. Turn a warm serving dish upside down over the custard, then reverse the two to unmold the custard. To serve cold, let cool to room temperature and chill several hours, then unmold. Serves 6 to 8.

Sandy Fryer

LEMON SOUFFLE

- | | |
|--|-------------------------------------|
| 1 pkg. lemon pudding mix (not instant) | 1/4 c. cold water |
| 2 c. milk | 2 c. (1 lb.) creamed cottage cheese |
| 2 pkg. (2 Tbsp.) unflavored gelatin | 1/4 c. sugar |
| 2 eggs, separated | 1 c. cream, whipped |

- Cook the pudding with the milk as per the package directions. Sprinkle the unflavored gelatin on the cold water; soak for 4 minutes. Add unflavored gelatin and water to the cooked pudding and beat until it dissolves. Beat the egg yolks slightly, then beat into the warm pudding. Let cool. Fold in cottage cheese and sugar. Beat egg whites; whip the cream. Fold the egg whites and cream into the pudding. Fasten a collar of aluminum foil around a 1 quart souffle dish so that it extends above the rim of the dish about 2 inches. Pour in the

LEMON SOUFFLE (Continued)

pudding mixture. Chill until firm. Carefully remove collar.
Harriett Rudolph

CHOCOLATE CINNAMON SOUFFLE

1 envelope unflavored gelatin	1/2 tsp. cinnamon
1 c. milk	6 oz. semi-sweet chocolate pieces
1/4 tsp. salt	1/2 tsp. vanilla
4 eggs, separated	1 c. heavy cream, whipped

Sprinkle gelatin over milk in saucepan to soften it; add 1/2 cup of the sugar, salt, egg yolks, cinnamon and chocolate pieces. Stir until thoroughly mixed. Place over low heat and cook, stirring constantly, until gelatin is dissolved and chocolate melted (6 to 8 minutes). Remove from heat. Chill, stirring occasionally, until mixture mounds slightly when dropped from a spoon (about 20 minutes in refrigerator).

Beat egg whites until stiff, but not dry. Gradually add remaining 1/2 cup sugar and beat until very stiff. Fold into chocolate mixture. Add vanilla. Fold in whipped cream; turn into souffle dish (with waxed paper collar if you wish it to rise above dish) and chill until firm. If desired, garnish with additional whipped cream and/or chocolate curls.

Sandy Fryer

FROZEN PEACHES AND CREAM MOUSSE

2 fresh peaches	few drops red food coloring
1 c. dairy sour cream	1 qt. French vanilla ice cream
1/4 c. grenadine syrup	grenadine syrup

Pit, peel and mash the peaches. Drain well. Then combine the drained peaches, sour cream and the 1/4 cup of grenadine syrup. Tint the mixture with red food coloring. Stir the ice cream just until softened; fold into the peach mixture. Turn into a 5 cup mold. Freeze until firm. Unmold onto a serving plate and drizzle some additional grenadine syrup over. Garnish with some additional fresh peach slices, if desired. Serves 10 to 12.

Joyce Malerman

FROZEN STRAWBERRY OR RASPBERRY MOUSSE

(As easy to make as it is delicious to eat!)

- 1 (10 oz.) box frozen strawberries, thawed
- 1/2 c. sugar
- 2 egg whites
- 1 Tbsp. lemon juice
- dash salt
- 1 c. heavy cream, whipped
- 1 1/2-2 1/2 Tbsp. almond extract or Kirsch
- 1/4 c. chopped pistachios

Put strawberries, sugar, egg whites, lemon juice and salt in a large bowl. Beat 15 minutes in mixer until stiff. In small chilled bowl, beat heavy cream until whipped, then add flavoring. Fold into strawberry mixture. Put in 6-8 cup dish and freeze. Garnish with whipped cream rosettes and nuts. Serves 12 to 15.

Note: Remove from freezer and place in refrigerator 10 minutes before serving.

Joyce Malerman

CHOCOLAT MOUSSE

- 6-8 sq. (1 oz. each) semi-sweet chocolate
- 2 Tbsp. water
- 1 1/2 Tbsp. instant coffee
- 6 egg yolks
- 6 egg whites
- 1/4 c. sugar (extra fine)
- 1 c. whipping cream, whipped

Combine chocolate squares, water and instant coffee in the top of a double boiler; stir over hot, but not boiling, water until the chocolate is melted and the instant coffee dissolves. Transfer the chocolate mixture to a mixing bowl; add the egg yolks, one at a time, beating well after each addition. Beat egg whites, slowly at first, until soft peaks form; gradually add the sugar, beating until stiff peaks. Fold egg whites carefully into the chocolate mixture, then fold in the whipped cream. The Mousse is best when made a day ahead of time. It may be served in individual sherbet dishes or a pretty glass bowl. Serves 8 to 10.

Joyce Malerman

EASY MOUSSE AU CHOCOLAT

- 6 oz. semi-sweet chocolate pieces
- 5 Tbsp. hot strong coffee
- 4 eggs
- 2 Tbsp. dark rum or Grand Marnier

EASY MOUSSE AU CHOCOLAT (Continued)

Separate eggs. Put into the blender container the chocolate pieces and hot coffee. Blend at high speed 10 seconds. Add egg yolks and rum or Grand Marnier. Blend at high speed for 5 seconds. Beat egg whites until stiff. Fold the chocolate mixture into the egg whites for as short a time and as carefully as possible. It does not matter if some of the white is not completely folded in. This is in fact preferable to too much folding. Chill in a glass serving dish for at least 1 hour. Serves 6.

Sandy Fryer

PINEAPPLE ROMANOFF

1 large pineapple (or 1 large can pineapple chunks)	1/4 c. rum
1/2 c. 10x sugar	1 c. heavy cream
1/4 c. Cointreau	2 Tbsp. Kirsch
	grated rind of 1 orange

Trim and slice the pineapple. Toss with 1/4 cup of the 10x sugar. Place the pineapple in a serving bowl. Pour the Cointreau and rum over pineapple; chill. One hour before serving, whip the cream. Stir in the remaining 1/4 cup of 10x sugar and Kirsch. Add cream mixture to pineapple and mix well. Sprinkle with the orange rind. Chill until ready to serve. This recipe can be made with strawberries, or with strawberries and pineapple combined. Serves 6 or more.

Joyce Malerman

ICE CREAM PIE

1 ready-made graham cracker crust (8 inches)	1 small jar walnuts in syrup
2 or 3 pt. favorite flavors ice cream (you won't use all of ice cream)	1 small jar chopped fruit in syrup (pineapple, cherry)
1 small jar chocolate fudge sauce	1 small container Cool Whip
	colored jimmies
	1 cherry

Fill shells for bottom layer with some of first ice cream flavor. Pour over some walnuts. Then a thin layer of second flavor, pour over some chocolate sauce and fruit; use third flavor. Smooth ice cream and place in freezer. When firm, cover top with Cool Whip and decorate with jimmies and cherry.

ICE CREAM PIE (Continued)

- Return to freezer until ready to serve. Serves 8.
Gail Lubeck

BRANDY ALEXANDER PIE

Crust:

- 1 1/4 c. graham cracker crumbs
- 1/4 c. granulated sugar
- 1/3 c. melted butter

Filling:

- 1 envelope unflavored gelatin
- 1/2 c. cold water
- 2/3 c. sugar
- 1/8 tsp. salt
- 3 eggs, separated
- 1/4 c. Cognac
- 1/4 c. creme de cacao
- 2 c. heavy cream, whipped
- chocolate curls

Combine all of the ingredients for crust and press evenly against the bottom and sides of a 9 inch pie plate.

- Chill until ready to use.

Sprinkle the gelatin over the cold water in saucepan. Add 1/3 cup of the sugar, salt and egg yolks. Stir to blend. Heat over a low heat, stirring, until the gelatin dissolves and the mixture thickens. Do not boil. Remove from heat and stir in the Cognac and creme de cacao. Chill until mixture starts to slightly mound.

- Beat egg whites until stiff. Gradually beat the remaining sugar into egg whites. Fold into the thickened gelatin mixture. Fold in 1 cup of the whipped cream. Turn into the chilled crust and chill several hours or overnight. Garnish with the remaining whipped cream and chocolate curls.

Joyce Malerman

COFFEE CHIFFON PIE

- 1 graham cracker crust
- 1 pkg. unflavored gelatin
- 1 1/2 c. cold water
- 4 eggs, separated
- 3/4 c. sugar
- 1 heaping tsp. instant coffee
- pinch salt

- Make 1 graham cracker crust according to directions on crumb package. Refrigerate.

COFFEE CHIFFON PIE (Continued)

Soak the package of unflavored gelatin in 1/2 cup of the cold water. Mix in top of double boiler the egg yolks, remaining 3/4 cup water and 1/2 cup of the sugar along with the instant coffee. Cook over hot water, stirring constantly, until smooth and thick. Add gelatin and water into the above mixture and stir. Cook until it begins to thicken again. In a separate bowl, beat the egg whites with a pinch of salt and remaining 1/4 cup sugar until stiff and dry. Beat coffee mixture until foamy; fold the 2 mixtures together and pour in shell. Chill.

Ruth Sarver

PECAN PIE

Crust:

1 c. flour	1/2 c. Crisco
1/2 tsp. salt	1/4 c. water
1 tsp. sugar	

Filling:

1 c. sugar	5 Tbsp. butter
1 1/4 c. dark Karo syrup	1 tsp. vanilla
4 eggs	1 1/2 c. pecans
pinch salt	

Crust: Toss flour and Crisco with pastry blender; add water and mix. Pull together with hands into ball. Roll on a floured cloth. Put crust into 9 inch pie plate.

Filling: Cook sugar and syrup for 3 minutes; add the beaten eggs and stir in butter, salt, vanilla and pecans. Spoon into pie crust (pecans last) and bake 45 minutes at 375 degrees.

Shelly Serota

PECAN PIE

1 (9 inch) pastry shell	3/4 c. dark corn syrup
1/2 c. butter or margarine	1/4 tsp. salt
1 c. sugar	1 tsp. vanilla
3 eggs, lightly beaten	1 c. chopped pecans

Prepare the pastry dough for a 9 inch unbaked pastry shell. Chill thoroughly. Cream butter with sugar; add eggs, lightly beaten, the dark corn syrup, salt, vanilla and chopped

PECAN PIE (Continued)

pecans. Stir well. Pour into the pastry shell. Bake at 375 degrees for 40 to 45 minutes.

Shirley Gottlieb

EMERALD CREME PIE

Crust:

1 1/2 c. fine chocolate wafer crumbs

6 Tbsp. butter or margarine

Filling:

1 envelope (1 Tbsp.)

1/4 c. creme de menthe (green)

unflavored gelatin

1/4 c. creme de cacao (white)

2 Tbsp. sugar

1 (3 1/2 oz.) pkg. vanilla Whip

3/4 c. water

'n Chill

1 c. light cream

Crust: Combine chocolate wafer crumbs and melted butter; press firmly into 9 inch pie plate. Chill until set.

Filling: Mix gelatin with sugar in medium saucepan and add water; heat and stir until gelatin is completely dissolved. Add cream and liqueurs, blending well. Chill until thick and syrupy. Prepare dessert mix according to package directions. Combine with gelatin mixture in large mixing bowl. Beat at medium speed for 1 minute. Chill until the mixture mounds when spooned, about 10 minutes. Spoon into crumb crust. Chill until firm, about 4 hours. Garnish with whipped cream and strawberries. Makes one 9 inch pie.

Shelly Serota

APPLE PIE

6 peeled, chopped apples

1/2 tsp. cinnamon

3/4 c. sugar

dash nutmeg

2 Tbsp. flour

dash salt

cinnamon-sugar mixture

Betty Crocker pie mix

Make 2 pie crusts. Combine all ingredients and place in shell. Dot with butter. Cover with second pie crust and sprinkle sugar-cinnamon mixture. Bake at 400 degrees for 50 minutes.

Francine Seiden

CHOCOLATE PUDDING PIE

1 c. sour cream	chocolate shavings, optional
1 (4 oz.) pkg. chocolate pudding (regular)	1 (4 oz.) pkg. instant vanilla pudding
1 graham cracker pie crust shell	

Prepare chocolate pudding. Cover and cool. Prepare vanilla pudding using only 1 cup milk and 1 cup sour cream. Beat prepared vanilla pudding into cooled chocolate pudding until smooth. Spread evenly in pie shell. Garnish with chocolate shavings, if desired. Chill until set.

Francine Seiden

MOCHA CHIFFON PIE

2 c. milk	1/2 c. cold coffee
1 pkg. chocolate pudding	2 eggs
1 Tbsp. gelatin	1/2 tsp. vanilla

Add milk to the package of pudding; cook in a double boiler until thickened. Soften 1 tablespoon gelatin in the coffee. Separate the eggs; beat yolks until thick and whites until stiff. Add yolks to chocolate and cook 2 minutes. Remove from heat and add gelatin, stirring until dissolved. Cool, then add the whites and vanilla. Pour into graham cracker crust. Garnish with whipped cream and shaved chocolate curls. Refrigerate.

Dulcie Pomerantz

CREAM CHEESE PIE

1 tsp. unflavored gelatin	1/4 c. sugar
1/2 c. cranberry juice cocktail	1/2 tsp. lemon juice
8 oz. cream cheese	1 c. heavy cream
	1 graham cracker crust

Sprinkle gelatin over cranberry juice in small saucepan; let soften 5 minutes. Place over low heat; stir constantly until gelatin dissolves. Set aside. Combine cream cheese and sugar in large mixing bowl; beat until well blended. Add 1/2 gelatin mixture and lemon juice; beat 1 minute. Whip the cream and fold into mixture. Pour in graham cracker crust. Chill until firm (at least 2 hours). Use rest of gelatin for topping.

Bobbi Cohen

CREAM CHEESE PIE

Crust:

3/4 c. graham cracker crumbs	1/4 c. butter 2 (8 inch) round pie plates
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Filling:

1 lb. cream cheese 6 eggs	1 1/3 c. sugar 2 tsp. vanilla
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Topping:

1 pt. sour cream 1/2 c. sugar	1 1/2 tsp. vanilla 1/4 c. graham cracker crumbs
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Butter pie plates and sprinkle with crumbs to coat lightly. Set aside. Preheat oven to 400 degrees.

Put cream cheese, eggs, sugar and vanilla into blender and blend at high speed until smooth or beat until smooth with Mixmaster. Pour filling into the crumb-lined pie plates and bake at 400 degrees for 35 to 40 minutes. Remove and let settle 5 minutes.

While pie is settling, mix together sour cream, sugar and vanilla in small bowl. Pour gently over each pie. Sprinkle remaining crumbs on top of pies and bake 7 to 10 minutes. Cool and refrigerate. Makes two 8 inch pies.

Sandy Fryer

CHEESE CAKE

Crust:

4 Tbsp. soft butter 3 Tbsp. sugar	1 egg 1 c. flour 1/2 tsp. baking powder
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Filling:

1/2 lb. (8 oz.) soft cream cheese 1/2 c. sugar 3 egg yolks	1/2 tsp. vanilla 1/2 tsp. lemon juice 1 1/3 c. milk
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Crust: Cream butter and sugar; mix in blender 1 egg,

CHEESE CAKE (Continued)

then add the flour and baking powder, butter and sugar. Push dough into pie pan and bake at 400 degrees for 10 minutes.

Filling: Mix in mixer the cream cheese, sugar, egg yolks, vanilla, lemon juice and milk. Beat egg whites until very stiff. Fold in and pour over pie crust. Sprinkle with cinnamon and sugar. Bake at 325 degrees for 30 minutes.

Barbara Satz

SUNDAE ALASKA PIE

1 pt. strawberry ice cream	1 pt. lime sherbet
1 baked 9 inch pastry shell	3 egg whites
1 (10 1/2 oz.) jar (1 c.)	1/2 tsp. vanilla
strawberry ice cream	1/8 tsp. salt
topping	1/3 c. sugar

In a chilled bowl, stir the ice cream to soften. Spread the softened ice cream in the pastry shell, then spread very quickly with the strawberry topping and place in the freezer. When the surface of the jam is firm, stir the sherbet to soften and spread over the strawberry jam. Return the pie to the freezer until it is frozen firm. Combine egg whites, vanilla and salt; beat to soft peaks. Gradually add the sugar and beat to stiff peaks. Spread meringue over the sherbet. Place the pie on a wooden board; bake in a 450 degree oven for 4 to 5 minutes or until golden. Serve immediately. Serves 8 to 10.

Joyce Malerman

CHOCOLATE-PINEAPPLE CHEESE PIE

3 (8 oz.) pkg. cream	1 block bitter chocolate
cheese, room tempera-	4 eggs
ture	1 c. sugar
1 (#2) can pineapple,	1 tsp. vanilla
drained	

Beat cream cheese, eggs and sugar together; stir in pineapple and vanilla. Melt chocolate and add to half of the batter (leave half of the batter plain). Make graham cracker crust (no sugar). Place on bottom of spring form pan; alternate plain and chocolate batters. Bake at 350 degrees 1 hour.

Debbie Seidman

Give no more to every guest,
Than he's able to digest,
Give him always of the prime,
And but little at a time.



Cakes - Frostings

BAKING HINTS

Creaming Butter and Sugar: In creaming butter and sugar for a cake, a little hot milk added will aid in the creaming process.

After using the oven, leave the door open until oven is cool, so that moisture will not condense and rust the metal.

To decorate a cake without a decorator, cut an envelope from one of the top corners to the middle of the bottom of the envelope. Cut a little piece off the corner.

An apple cut in half and placed in the cake box will keep the cake fresh several days longer.

When making a cake always add 2 tablespoons of boiling water to the butter and sugar mixture. This makes a fine textured cake.

Do not grease the sides of cake pans. How would you like to climb a greased pole?

To cut a fresh cake use a wet knife.

Do not discard rinds of grapefruit, oranges or lemons. Grate the rinds first, put in a tightly covered glass jar and store in the refrigerator. Makes excellent flavoring for cakes, frostings and such.

When you do not want to heat your oven for a shortcake, make a short biscuit dough with a little sugar added, to a thin batter and bake in a waffle iron.

A good, quick frosting is made by boiling a small potato, mashing it, and adding powdered sugar and vanilla.

To keep crisp cookies crisp, and soft cookies soft, place only one kind in a cookie jar.

Any cake will be greatly improved if a teaspoon of lemon juice is added to the butter and sugar. This makes a cake very light and shorter. Fresh milk makes cakes close grained and more solid.

For a nice decoration on white frosting, shave colored gum-drops very thin and stick on. They will curl like little roses.

Baking Pans: For best results use correct size pan. The time and oven temperature should be adjusted to the type of pan being used. For shortening type cakes, bake cup cakes at 375 degrees for 18 to 20 minutes; layer cakes at 350 degrees for 30 to 35 minutes, and loaf cakes at 350 degrees for 40 to 45 minutes.

CAKES - FROSTINGS

EASY CHEESE CAKE

Crust:

- | | |
|--------------------------------|-------------------------------------|
| 1 1/4 c. graham cracker crumbs | 1/4 c. softened butter or margarine |
| 1/4 c. sugar | |

Filling:

- | | |
|--|------------------------|
| 2 (8 oz.) pkg. Philadelphia cream cheese | 1 tsp. vanilla |
| 1 c. sugar | squeeze of fresh lemon |
| 1/2 pt. sour cream | 4-6 eggs |

Crust: Preheat oven to 375 degrees. Mix crust ingredients into a 9 inch spring form pan and press crumb mixture firmly against bottom and sides of pan. Easiest way is to use an 8 inch pie plate. Bake at 375 degrees for 8 minutes. Cool. Change oven temperature to 350 degrees.

Filling: Mix ingredients under filling until smooth. Pour into crumb mixture. Bake at 350 degrees 1/2 hour. Keep in oven 1 hour longer. You may top this with cherry, blueberry or pineapple filling, if desired.

Sunny Berkowitz

CHEESE CAKE

- | | |
|--|-----------------|
| 1 lb. cream cheese at room temperature | 3 eggs |
| 1 pt. sour cream | 1 c. sugar |
| 1 tsp. vanilla extract | graham crackers |

To make graham cracker crust, follow the directions on the box of graham crackers. After your spring pan is lined with graham crackers, begin making the cake. First, cream the cream cheese in a bowl. In a separate bowl, mix the eggs and sugar; add eggs and sugar to the cream cheese. Beat them together. To this mixture, add vanilla extract and mix. Now add the sour cream. Beat the mixture for about 2 minutes or until it is smooth. Pour into spring pan and bake 35 minutes at 350 degrees. Turn off oven and let cake stay in oven for 1 hour. Take out cake and let cool. When it is cool, sprinkle cinnamon on top of cake and refrigerate. Serves 8.

Susan Ghen

LINDY'S CHEESE CAKE

Cookie Crust:

1 c. sifted flour	1 egg yolk
1/4 c. sugar	1/2 c. butter, softened
1 tsp. grated lemon rind	

Filling:

1 1/4 lb. cream cheese	1/4 tsp. vanilla
3/4 c. sugar	3 whole eggs plus 1 egg yolk
1 1/2 Tbsp. flour	2 Tbsp. heavy cream
1/4 tsp. grated orange or lemon rind	

To make crust, blend together flour, sugar and lemon rind. Add egg yolk and butter; mix with fingers until it forms a smooth dough. Pat or spread on bottom and sides of a 9 inch pie pan. Bake at 400 degrees for 10 minutes or until lightly browned. Cool. Meanwhile, prepare the filling.

Filling: Beat cheese until creamy. Add sugar, flour, grated orange or lemon rind and vanilla. Add eggs, one at a time, beating after each addition. Then stir in egg yolk. Add cream. Pour into baked, cooled shell (Cookie Crust). Reduce oven to 250 degrees. Place cake in oven. Bake 1 hour or until firm. Cool. When cool, you can top with any pie filling you prefer or leave it just plain.

Debbie Seidman

CHEESE CAKE

1 lb. cream cheese, room temperature	1 tsp. vanilla
3 eggs	1 pt. sour cream
1 c. sugar	cherry topping

Mix cream cheese, eggs and sugar together. Add sour cream and beat until smooth. Pour into pan and bake 35 minutes at 350 degrees. Turn off the heat and let cake stay in oven for 1 hour. Take out and let cool. When cool, add cherry topping. If you want a graham cracker crust, follow directions on the box and use a spring form pan. Chill well before cutting.

Arlene Felzer

CHERRY CHEESE CAKE

(A real show stopping hit)

- | | |
|-----------------------|-----------------------------------|
| 1 pkg. lemon cake mix | 1 (8 oz.) pkg. cream cheese |
| 1 c. milk | 1/3 c. sour cream |
| 4 eggs | 1 (15 oz.) jar cherry pie filling |

Generously grease and lightly flour a 10 inch tube pan. In a large bowl, combine cake mix, milk and eggs; blend and beat well. Pour 3/4 of the batter into prepared tube pan. In a small bowl, beat cream cheese and sour cream until smooth and light. Spoon into very center of batter, then spoon about 1 cup cherries on top of cheese mixture. Do not allow it to touch sides of pan. Spread the rest of the batter. Bake 50 to 55 minutes (or until a tester comes out clean) at 350 degrees. Cool in pan 15 minutes; do not invert, then remove from pan. Serve with remaining cherries. Store in refrigerator. Serves 15.

Joyce Malerman

LITTLE COFFEE CAKES

- | | |
|----------------------|--------------|
| 2 c. flour | 2 Tbsp. Spry |
| 2 tsp. baking powder | 1/2 c. milk |
| 2 Tbsp. sugar | cinnamon |
| dash salt | sugar |
| 2 oz. butter | raisins |
| 1 egg | nuts |

Sift together flour, baking powder, sugar and salt. Cut in butter and Spry. Then add egg and milk. If the dough is too soft, add a little more flour. Divide the dough into 3 parts and roll each to 1/8 inch thickness. Sprinkle with cinnamon, sugar, raisins and nuts. Roll up and cut the rolls into 1/2 inch slices. Dip each slice into separate cups of melted butter, sugar and cinnamon mixture, and nuts. Place on greased cookie sheets with the dipped side up. Bake for 20 minutes or until brown in a 325 degree oven.

Debbie Seidman

LIGHT CHIFFON CAKE

- | | |
|-----------------------|--|
| 1 pkg. lemon cake mix | 1 pkg. instant lemon (or pine-apple) pudding |
| 1/2 c. clear oil | 1 c. orange juice |
| 4 eggs | |

LIGHT CHIFFON CAKE (Continued)

Mix together thoroughly with electric beater. Bake 1 hour at 350 degrees in spring form pan.

Sondra Bank

WORLD'S BEST CINNAMON BUNS

Glaze:

1 c. soft butter	2 tsp. cinnamon
1 1/4 c. light brown sugar	1 c. raisins, soaked
4 Tbsp. white corn syrup	1 c. crushed nuts, optional

Filling Mixture:

melted butter	1 Tbsp. cinnamon
1 1/2 c. brown sugar	2/3 c. raisins, soaked

Dough:

2 c. milk	2 pkg. yeast
1/4 c. butter	1/4 c. lukewarm water
1/4 c. sugar	5-6 c. sifted unbleached
2 tsp. salt	flour

Glaze and filling mixtures may be prepared while the dough is rising.

Glaze: Cream butter and sugar; beat in corn syrup and add cinnamon. Set aside.

Filling: Combine all ingredients except melted butter.

Dough: Bring milk to a boil, add butter, sugar, salt and cool to lukewarm. Soften yeast in lukewarm water and add to milk mixture. Add flour slowly, enough to make a soft dough. Turn out on floured board and knead until smooth (10 minutes). Place in greased bowl, turn, cover and let rise until doubled in bulk. Remove to floured board; divide in half.

Final assembly: Take 1 piece of dough and roll into thin rectangle about 1/2 inch thick and 10 inches long. Brush with butter and add filling. Roll tightly and cut into 3/4 inch slices. Place buns into baking pans that have been thickly coated with Glaze. Cover with waxed paper and let rise 1 hour. Bake in preheated 350 degree oven 30 minutes. Cool several minutes, turn onto serving plate and allow Glaze to flow over buns. Remove pan carefully. If not served soon or to be frozen, delay final step until pan is reheated several minutes.

Larry Fryer

CHOCOLATE CHIP CAKE

- 2 c. plus 2 Tbsp. flour
- 1 1/2 c. sugar
- 3 1/2 tsp. baking powder
- 1 tsp. salt
- 1/2 c. soft shortening
- 1 c. milk
- 1 tsp. vanilla
- 4 unbeaten egg whites
- 1/2 pkg. chopped semi-sweet chocolate bits

Sift together flour, sugar, baking powder and salt.

- Add to that mixture the soft shortening, milk and vanilla. Beat for 2 minutes. Add 4 unbeaten egg whites. Fold in chocolate bits. Bake in two 9 inch layers at 350 degrees for 35 minutes or 24 cupcakes at 400 degrees for 18 minutes.
 - Recipe can be doubled and baked in large tube pan.
- Marcia Halbert

BOURBON CAKE

- 1 c. seedless raisins
- 2 c. water
- 1/2 c. shortening
- 3/4 c. sugar
- 1 egg
- 1 1/2 c. flour
- 1 tsp. baking soda
- 1/2 tsp. cloves
- 1/2 tsp. nutmeg
- 1/2 tsp. allspice
- 1/2 tsp. salt
- 1 c. chopped walnuts
- 2 Tbsp. bourbon

Frosting Mix:

- 1/4 c. butter
- 2 c. 10x sugar
- 1 beaten egg
- 1 Tbsp. bourbon

- Simmer the seedless raisins and 2 cups water for 20 minutes. Drain and save 3/4 cup liquid and allow to cool. Cream shortening and sugar; add egg and beat well. Sift dry ingredients and add alternately with liquid from raisins. Mix in raisins, nuts and bourbon. Pour into greased and floured oblong pan. Bake 35 minutes at 350 degrees. Cool thoroughly before frosting.

Barbara Satz

SOUR CREAM CHOCOLATE CAKE

- 1/4 lb. butter
- 2 c. sugar
- 2 1/2 c. cake flour
- 2 eggs, separated
- 1 c. boiling water
- 1/2 pt. sour cream
- 3 sq. chocolate
- 2 tsp. baking powder

SOUR CREAM CHOCOLATE CAKE (Continued)

1 tsp. baking soda

1 tsp. vanilla

Boil water, chocolate and soda; cool. Cream sugar, egg yolks and butter. Add dry ingredients and mix alternately with sour cream. Add cool chocolate mixture. Add vanilla. Fold in egg whites, stiffly beaten. Bake in layer pans or tube pan at 350 degrees for 30 to 40 minutes

Rhea Needle

RAVANIE

(A Lovely Orange Flavored Cake from Greece)

Syrup:

2 c. water

1 1/4 c. sugar

1/3 c. rum

2 slices orange with skins
on

Batter:

2 1/2 c. finely chopped
walnuts

8 eggs, separated

10 Zwieback, crushed
fine

1 orange rind, grated (use a
seedless orange, it has a
thicker skin)

2/3 c. sugar

1/4 lb. butter, melted and
allowed to cool

Put the water, sugar, rum and orange slices into a saucepan and boil gently for 10 minutes. Allow the finished syrup to cool completely.

Mix the walnuts (chopped in the blender) with the crushed Zwieback. Beat egg whites until stiff, this will take about 5 minutes. Then beat egg yolks with the sugar until it is thick and lemon colored and forms the ribbon (this takes about 7 minutes). Fold egg whites into yolks, then fold in the Zwieback and walnut mixture, a little at a time. Then fold the grated orange rind into the mixture; distribute it throughout the batter, but do it carefully. Then fold in cooled, melted butter and continue to fold carefully until the butter disappears completely.

Butter a 9 x 11 inch pan very well. Pour in the cake batter and spread carefully. Bake at 350 degrees for 45 minutes. The cake should be golden brown and be pulling away from the sides of the pan. Remove the cake from the oven and

pour the cold syrup over it; the cake will absorb the syrup like a sponge. Then the cake may be cut on diagonal lines to form diamond-shaped serving pieces (traditional for Greek sweets). Serves 15.

Joyce Malerman

SOUR CREAM PARTY COFFEE CAKE

1/2 lb. butter or 1/2 lb. margarine	2 1/2 c. sifted flour
1/4 lb. margarine and 1/4 lb. butter	3 tsp. baking powder
<u>1 c. sugar</u>	<u>1 tsp. baking soda</u>
2 eggs	pinch salt
1 c. sour cream	1 tsp. vanilla

Filling:

1 c. chopped nuts	1/2 tsp. cinnamon
1/2 c. sugar	2 c. chocolate bits, optional
1 1/2 - 2 Cocoa	1 c. gradually - beat at last 5 min.

1/2 c. Cream butter and sugar. Drop in 1 egg at a time and add sour cream. Mix dry ingredients and add gradually to sour cream mixture. Add vanilla. Pour half of batter into a long, narrow greased cake pan. Sprinkle half of filling mixture, top with rest of batter and top with rest of filling. Batter will be thick, so spread it to sides of pan with spatula or spoon. Bake in 350 degree oven about 45 to 60 minutes or until cake tests done with a toothpick. Serves 16 to 20.

Doris Dion

SOUR CREAM COFFEE CAKE

1/2 lb. butter	4 c. flour
2 c. sugar	2 1/2 tsp. baking powder
4 eggs	2 tsp. baking soda
2 c. sour cream	3/4 c. raisins or chopped nuts
pinch salt	3 tsp. cinnamon and sugar
2 tsp. vanilla	1/2 c. brown sugar

Cream butter and sugar; add eggs, sour cream, salt and vanilla. Beat well. Add flour, baking powder and baking soda; blend well. The batter will be relatively thick. Grease a tube pan and line the bottom with waxed paper. If you are using raisins, soak them in warm water while you are mixing

10. chopped nuts

flour, baking powder, salt, soda
cut in a bit w/ butter knife

make a valley in the middle of it
bakes even & flat.
line at bottom w/ wax paper.

SOUR CREAM COFFEE CAKE (Continued)

the cake batter. Drain them well when they are soft. Put half the batter in the pan; add nuts or raisins, the cinnamon and sugar mixture and the brown sugar. Add rest of the batter. Sprinkle the top with cinnamon and sugar. Bake at 350 degrees for 1 hour and 15 minutes. This recipe makes a large cake.

Sandy Fryer

SOUR CREAM COFFEE CAKE

1 box Duncan Hines yellow cake mix	1/2 pt. sour cream 1 c. walnuts
1 pkg. vanilla instant pudding mix	1/2 c. sugar 1 tsp. cinnamon
4 eggs	raisins and sliced apples may also be added
1/2 c. oil	

Mix together cake mix, pudding, eggs, oil and sour cream. Mix until smooth. Mix the walnuts, sugar and cinnamon (and raisins, if desired) in another small bowl. Layer the batter with the walnut-sugar mixture. Bake at 350 degrees for 45 minutes to 1 hour.

Lois Schwalb

SOUR CREAM CHOCOLATE CAKE

3 packets bittersweet ready-blend chocolate (put in dish of hot water)	3 eggs 2 c. sifted flour 2 Tbsp. vanilla
1/4 lb. butter	1 Tbsp. baking powder
1 c. boiling water	1 Tbsp. baking soda
2 c. sugar	1/2 pt. sour cream

Melt chocolate, butter and sugar in the boiling water in a pot over a low flame. Put into a large mixing bowl and let cool for about 10 minutes. Mix the flour, soda and baking powder into the wet chocolate mixture in the large bowl. Add the vanilla. Add the sour cream last. Beat until smooth. Pour into a greased and floured 13 x 9 x 2 inch pan. Bake for 45 minutes in preheated 350 degree oven. Cool for 10 to 20 minutes, then place on a rectangular serving plate. Garnish with chocolate curls or chocolate frosting. Serves 12 to 15.

Eileen Weiss

SWEDISH TOSCA CAKE

(A Coffee Cake)

Batter:

2 eggs	1 c. flour
1 c. sugar	2 tsp. baking powder
1/8 lb. melted butter	1/2 c. milk

Glaze:

1/8 lb. butter	1 Tbsp. flour
1/4 c. sugar	1 Tbsp. milk
3/4 c. almonds	

Beat eggs and add sugar; beat well. Add flour and baking powder, sifted, alternately with milk. Add butter. Pour into #6 iron frying pan (must be iron) and bake until almost done in 350 degree oven, about 1/2 hour.

Glaze: Melt butter; add sugar and almonds. Add flour and milk. Boil 1/2 minute. Pour over cake. Put under the broiler. When it starts to bubble and turn brown, remove it. Turn out on large lid and then plate. It is best a day old.

Barbara Satz

SUPER RICH FUDGE CAKE

1 (12 oz.) pkg. (2 c.) semi-sweet choco- late bits	1 1/2 c. softened butter (3/4 lb.) 2 c. sugar 6 egg yolks
1 Tbsp. freeze-dried coffee	1 c. flour 1 c. heavy cream, whipped
5 Tbsp. water	6 egg whites

Preheat oven to 350 degrees. Over hot, not boiling, water, melt chocolate with water and coffee until smooth. Pour into a large bowl and cool. In another large bowl, beat butter and sugar until creamy. Add egg yolks, one at a time, mixing well after each addition. Gradually beat in flour. In small bowl, beat egg whites until soft peaks form. Fold into the cooled chocolate mixture, then carefully fold chocolate mixture into butter-flour mixture. Pour into well-buttered 9 inch spring form pan. Bake 50 to 55 minutes. Remove from oven and cool in pan. Serve with whipped cream. Serves 12.

Joyce Malerman

CHOCOLATE MAYONNAISE CAKE

3 c. unsifted flour	1 1/2 tsp. baking soda
1 1/2 c. sugar	1 1/2 c. good quality mayonnaise
1/3 c. cocoa (generous)	
2 1/4 tsp. baking powder	1 1/2 c. milk
	1 1/2 tsp. vanilla

Preheat oven to 350 degrees. Grease and line with waxed paper the bottoms of two 9 x 1 1/2 inch layer cake pans. Sift together flour, sugar, cocoa, baking powder and baking soda into a large mixing bowl. Stir in mayonnaise. Then gradually stir in the milk (you can use water instead of milk) and the vanilla until smooth and well blended. Pour the batter into the prepared cake pans and bake in a 350 degree oven for approximately 30 minutes or until the cake springs back when touched. Cool in the pans for 10 minutes, then remove from pans and cool on cake racks. When completely cool, frost with your favorite frosting. Makes two 9 inch layers.

Joyce Malerman

RED VELVET CAKE (A Tasty Surprise!)

1 tsp. vinegar	2 Tbsp. cocoa
1 tsp. baking soda	1 tsp. vanilla
1/2 c. shortening, room soft	2 oz. red food coloring
1 1/2 c. sugar	2 1/4 c. sifted all-purpose flour
1 tsp. salt	1 c. buttermilk

Stir together the vinegar and baking soda; the mixture will foam. Let it settle. Cream the shortening, sugar, eggs, salt, cocoa and vanilla until very light. Beat in food coloring. Then, beginning with flour, beat in alternate additions of sifted ingredients and the buttermilk. Lastly, blend in the vinegar-baking soda mixture. Divide batter between 2 greased 9 inch cake pans. Bake in a preheated 350 degree oven for 30 to 35 minutes until a cake tester comes out clean. Let the cakes cool on a rack in the pans for 10 minutes, then turn them out onto the racks to cool completely. Split each layer in half and fill and top with your favorite fluffy white icing. Serves 10.

Joyce Malerman

SADIE'S QUICK CHOCOLATE CAKE

- | | |
|-----------------------------------|-----------------------|
| 4 oz. bitter chocolate | 1 1/2 c. sifted flour |
| 1 c. shortening of
your choice | 3 tsp. baking powder |
| 2 c. sugar | 4 eggs |
| 1 c. milk | 1 tsp. vanilla |

Melt chocolate and shortening in a double boiler. Mix all ingredients together in a large bowl until well blended. Pour batter into a well-greased tube pan. Bake 1 hour at 350 degrees. Cool before removing from pan.

Sandy Fryer

CHOCOLATE ICING (Bittersweet Dark Chocolate Icing)

- | | |
|------------------------|--------------------|
| 2 sq. baking chocolate | 1/2 c. water |
| 1 Tbsp. butter | 1/2 c. milk |
| 1/2 c. sugar | 2 Tbsp. cornstarch |

Melt chocolate and butter. Stir together in a jar the sugar, water, milk and cornstarch. Shake the jar well. Stir this mixture into the melted chocolate and butter until icing is thickened. Spread on cake.

Marcia Halbert

MOTHER ERLICHMAN'S CHOCOLATE CAKE

- | | |
|--|---|
| 1 1/2 sticks butter,
melted (or soft) | 3 sq. chocolate, melted in pan
from butter |
| 2 c. tightly packed
brown sugar | 1 c. ice water |
| 3 eggs | 1 tsp. baking soda |
| | 1 tsp. vanilla |

Cream butter and sugar; add rest of ingredients and beat well. Add 2 cups flour and beat again. Batter will be thin. Bake at 350 degrees. Test after 30 minutes. Makes 2 layers, large square or cupcakes.

Joyce Erlichman

CHOCOLATE CHIP CAKE

- | | |
|-----------------|-------------------|
| 1 c. milk | 4 eggs, separated |
| 2 c. sugar | 1/2 lb. butter |
| 3 c. cake flour | 2 tsp. vanilla |

CHOCOLATE CHIP CAKE (Continued)

1 cap almond extract	1/2 bar German's chocolate,
1/4 tsp. salt	grated
3 tsp. baking powder	6 oz. chocolate chips

Cream butter and sugar at high speed. Add egg yolks and vanilla. Beat well. Add sifted dry ingredients alternately with milk. Beat egg whites stiff. Grate chocolate and fold into whites. Fold this into batter. Grease and flour large Bundt pan. Put 3/4 batter into pan. Sprinkle 3/4 of a 6 ounce package chocolate chips over batter. Add rest of batter and sprinkle with remaining chocolate chips. Serves 12. Bake at 350 degrees for 1 hour or more until done.

Joyce Malerman

CHOCOLATE CREAM CHEESE ICING

2 (3 oz.) pkg. cream cheese	2 sq. bitter or unsweetened chocolate
1 tsp. vanilla	4 1/2 c. sifted confectioners sugar
2 Tbsp. milk	dash salt

Melt the chocolate with 1 tablespoon of the milk and cool slightly. Blend the cheese with the rest of the milk. Gradually stir in the salt, sugar and vanilla to the cheese mixture. Blend well and add the melted chocolate.

Joyce Malerman

CHOCOLATE CHIP CAKE

1 pkg. Betty Crocker yellow cake mix	1/2 c. oil
1 pkg. instant lemon pudding	1 c. water
	1 bar German Swiss chocolate
	4 eggs

First grate 3/4 of the bar of chocolate into a separate bowl. Then mix all of the ingredients, except chocolate, for 4 to 5 minutes. Fold in the chocolate. Place in a buttered and floured tube pan. Bake for 45 to 55 minutes at 350 degrees.

Lois Schwalb

SOUR CREAM BANANA CAKE

1/4 c. butter (1/2 stick)	1 1/2 c. sugar
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SOUR CREAM BANANA CAKE (Continued)

- | | |
|-------------------------------|---|
| 2 eggs | 3/4 tsp. salt |
| 1 tsp. vanilla | 1 c. sour cream |
| 2 c. sifted all-purpose flour | 1 c. mashed ripe bananas
(2 medium size) |
| 1 tsp. baking powder | 1/2 c. chopped walnuts |
| 1 tsp. baking soda | |

In mixing bowl, cream butter and gradually add sugar. Beat until light and fluffy. Beat in eggs, one at a time. Add vanilla. Sift together flour, baking powder, baking soda and salt. Add to creamed mixture alternately with sour cream, beginning and ending with dry ingredients. Add bananas and nuts, mixing just until blended. Turn into buttered 9 x 13 x 2 inch pan. Bake in 350 degree oven 40 to 45 minutes. Top with confectioners sugar when cooled.

Barbara Grossman

PINEAPPLE UPSIDE-DOWN CAKE

- | | |
|------------------------------------|-------------------------|
| 1 (8 1/2 oz.) can sliced pineapple | 1/4 c. melted margarine |
| | 2/3 c. brown sugar |

Drain pineapple. Reserve 2 tablespoons juice. Mix together margarine and sugar. Spread on bottom of 9 inch square pan. Sprinkle reserved juice over it and arrange the pineapple slices.

Cake Batter:

- | | |
|-------------------|-------------------------|
| 1/4 c. shortening | 2 c. cake flour |
| 1 c. sugar | 1/4 tsp. salt |
| 1 egg, beaten | 2 tsp. baking powder |
| 3/4 c. milk | 3/4 tsp. almond extract |

Cream shortening and sugar; add egg and beat until light. Add dry ingredients (sifted together) alternately with milk and extract. Pour into prepared pan. Bake at 350 degrees for 45 minutes. Test with cake tester. When done, invert on serving plate for 2 minutes. Remove pan. Serve warm with whipped cream garnish.

Rhea Needle

FRUIT FILLED CRUMB CAKE

Crumbs:

2 Tbsp. butter
4 Tbsp. flour

4 Tbsp. cinnamon and sugar

Filling: One jar cherry, apple or blueberry pie filling.

Cake Batter:

1/2 c. sugar
1 1/2 c. sugar
4 eggs, separated
2 1/4 c. flour

4 tsp. baking powder
1 c. milk
1 tsp. vanilla
salt

Prepare crumbs in a small bowl by blending together with a pastry cutter or a knife and fork the butter, flour and cinnamon-sugar.

Batter: Cream butter; add sugar and beat well. Add egg yolks and vanilla. Beat until smooth. Add the dry ingredients alternately with milk. Beat egg whites until stiff; fold the egg whites into above mixture. Pour half the batter into a large Pyrex baking dish or aluminum pan (about 13 x 9 1/2 inches) which has been greased. Add fruit, then rest of the batter. Sprinkle crumbs on top. Bake at 350 degrees for 50 to 60 minutes. Cut into squares when cool if you do not wish to serve the cake from the pan.

Sandy Fryer

FRESH APPLE CAKE

1 1/2 c. Mazola oil
2 c. sugar
3 eggs
1 tsp. salt
3 c. flour

1 tsp. baking soda
1 tsp. baking powder
1 tsp. vanilla
3 c. chopped apples
1 c. chopped nuts (pecans or walnuts)

In large bowl, mix together oil, eggs and sugar; add vanilla and mix well. Add flour, salt, baking soda and baking powder. Blend. Fold in apples and nuts. Grease a tube pan and line bottom with waxed paper. Pour batter into pan and bake at 350 degrees for 1 hour and 15 minutes.

Sandy Fryer

JEWISH APPLE CAKE

6 sliced apples	1 c. orange juice
4 c. sifted flour	1 c. cooking oil
2 c. sugar	4 eggs
4 tsp. baking powder	3/4 c. sugar
1/2 tsp. salt	1 tsp. cinnamon

Sprinkle cinnamon-sugar mixture over apples before making batter. Sift together flour, sugar, baking powder and salt. Make a well and add orange juice, cooking oil and eggs. Fold in the apples. Bake at 350 degrees for 1 1/2 hours in a tube pan.

Barbara Satz

CHOCOLATE-BANANA CAKE

1 pkg. banana supreme cake mix	1 tsp. vanilla
1 pkg. banana or vanilla instant pudding	1/2 c. oil
	4 eggs
	1 c. sour cream

Beat oil, eggs, vanilla and sour cream very well; add dry ingredients and beat 5 to 7 minutes at medium speed. Prepare a large tube or Bundt pan with Crisco and flour. Pour 1/2 the batter into pan. To the rest of the batter, add 6 to 8 ounces chocolate syrup. Mix well. Pour into the pan on top of plain batter. Do not marbleize. Bake at 350 degrees for about 1 hour. Decorate simply with confectioners sugar sifted over top. Serves 12 to 15.

Joyce Malerman

BOILED MILK CAKE

4 eggs	pinch salt
2 c. sugar	1 c. milk
2 c. flour	1/4 lb. butter
1 tsp. baking powder	1 tsp. vanilla

Cream eggs and sugar; add baking powder, salt and sifted flour. Bring milk and butter to a boil in saucepan; add milk and butter to mixture in bowl. Add vanilla and blend well. Bake at 350 degrees for 1 hour in greased tube pan. (I always line the bottom of the tube pan with waxed paper to make removal of cake easier.) When cake is cool, remove from pan. Ice with chocolate icing or sprinkle with powdered sugar.

Sandy Fryer

ONE BOWL POUND CAKE

1/2 lb. butter	1 1/2 tsp. vanilla
1 (8 oz.) pkg. cream cheese	4 eggs
1 1/2 c. sugar	2 c. self-rising cake flour

Blend butter with cream cheese, sugar and vanilla. Add eggs, one at a time, and beat well at medium or high speed. Gradually add flour and beat at low speed until blended in. Do not overbeat. Grease a tube pan and line the bottom with waxed paper. Pour the batter into the pan and bake for 1 hour and 10 minutes at 325 degrees. Test with cake tester. Let cool before removing from pan.

Sandy Fryer

POUND CAKE

3 c. sugar	6 egg whites
1/2 lb. butter	1 1/2 tsp. butter flavoring
6 egg yolks	3 c. flour
1 tsp. vanilla extract	1/4 tsp. baking soda
1 tsp. almond extract	1 c. sour cream
1 tsp. lemon juice	

Cream sugar and butter; add egg yolks, one at a time. Add vanilla, almond extract, lemon juice and butter flavoring. Beat well. Add flour in 3 parts with baking soda and sour cream. Beat egg whites and fold in. Pour into well-greased tube pan. Bake at 325 degrees 1 1/2 hours.

Barbara Satz

CARROL'S COCONUT CREAM CHEESE FROSTING

2 Tbsp. butter	1 lb. sifted confectioners
1 1/3 c. coconut	sugar
1/3 c. butter	1 Tbsp. milk or cream
2 (3 oz.) pkg. cream	1/2 tsp. vanilla
cheese	some rum

Melt 2 tablespoons of the butter in a medium size saucepan; add coconut and stir until it is golden. Remove the saucepan from the heat and add cream or milk, 1/3 cup butter, then add the cream cheese and blend well. Add small amounts of confectioners sugar and milk. Put in vanilla and 3/4 cup of coconut. Spread on the cake. Sprinkle the rest of the coconut over the cake and sprinkle with rum.

Joyce Malerman

Rosh Hashonah,

Purim

and Other

Holiday Recipes

A woman of valor, who can find? For her price is
far above rubies.

She looketh well to the ways of her household, and
eateth not the bread of idleness.

She giveth food to her household, and a portion to her
maidens.

She stretcheth out her hand to the poor; yea, she
reacheth forth her hands to the needy.

She openeth her mouth with wisdom; and the law of
kindness is on her tongue.

Strength and dignity are her clothing; and she laugheth
at the time to come.

Her children rise up, and call her blessed; her hus-
band also, and he praiseth her: "Many daughters
have done valiantly, but thou excellest them all."

Grace is deceitful, and beauty is vain; but a woman that
feareth the Lord, she shall be praised.

Give her of the fruit of her hands, and let her works
praise her in the gates.

AUNT LEAH'S KNISHES
(Everybody's Favorite)

Filling:

3 lb. potatoes, cooked in their skins	salt to taste pepper to taste
2 Tbsp. oil	2 large eggs
4 medium onions, chopped	1 c. greeben (rendered chicken skin)

Dough:

2 c. all-purpose flour	a little water
1 large egg	a drop of white vinegar
1/2 tsp. salt	oil
1/2 c. oil, scant	

Cut the chicken skin into small pieces. In 2 table-
spoons of oil, fry the chicken skin with the chopped onions
until the chicken skin is crisp and the onions are golden.

Remove the potato skins from the cooked potatoes and mix
in the onions, the greeben (which has been chopped), the salt,
pepper and 2 large eggs.

To make the dough, make a well in the flour. Put in
the egg, salt, oil and a drop of vinegar (this makes the dough
more crisp). Mix well, adding enough water to the mixture
to make the dough the proper consistency for rolling. Knead
the dough, then roll out as thin as possible. Coat the rolled
dough very thinly with oil.

Lay some of the potato mixture in a straight line on
the dough. Roll until the potatoes are completely encased in
the dough. It will look like a rope. Cut off 1 1/2 inch pieces.
Form into Knishes by closing the ends. Place on lightly
greased baking sheets with one of the closed ends facing up
and one facing down. Repeat until the dough and potato mix-
tures are used up. Bake in preheated 400 degree oven until
the Knishes are golden brown, then watch them disappear!

Joyce Malerman

EASY CHEESE KREPLACH

2 eggs	1 scant c. flour
1 lb. cottage cheese	pinch salt and pepper

EASY CHEESE KREPLACH (Continued)

Cream the cheese. Beat the eggs and pour into the cheese. Mix in the flour. Roll into small balls using floured hands. Drop into boiling salted water. Cook 10 minutes; drain and serve with butter and sour cream.

Joyce Malerman

ANNA'S EASY CHEESE KNISHES

1/2 lb. salted butter or margarine	1 lb. cottage cheese
1/4 lb. cream cheese	3 eggs
1/2 c. sour cream	1/8 tsp. salt
1 1/4 c. flour	1/2 tsp. vanilla, optional
1/2 tsp. baking powder	2 Tbsp. butter
1 egg for coating, optional	1/2 c. plain bread crumbs

Blend the first 5 ingredients to make the dough. Put the dough in the refrigerator in a covered container overnight. The next morning, make the filling as follows: Mix 3 eggs and cottage cheese. Season to taste with salt (pepper, sugar and vanilla are optional). Add a little flour to thicken the filling. Place the filling in the refrigerator. Remove the dough from the refrigerator and divide it in half. Place half the dough back into the refrigerator. Roll the other half to fit the bottom of a well-greased 9 x 12 inch Pyrex or aluminum baking pan. Fit the dough into the pan. Sprinkle the dough with melted butter and bread crumbs. Add the filling. Dribble with more melted butter and bread crumbs.

Remove remaining dough from refrigerator. Roll it out to a 9 x 12 inch rectangle. Put this as a top layer over the filling and tuck the dough in around the edges. Beat 1 egg. Brush the beaten egg over the dough. Cut into squares (size of your choosing). Place in the refrigerator. Later in the day, bake in a 350 degree oven for 45 minutes to 1 hour. Cool before removing the squares from the pan.

Minnie Fryer (Sandy's
Mother-In-Law)

HAMENTASHEN DOUGH

1/2 c. oil	2 c. sifted flour
1 c. sugar	2 tsp. baking powder
2 whole eggs	1/2 tsp. vanilla

HAMENTASHEN DOUGH (Continued)

Mix the oil, sugar and whole eggs together; then add the flour, baking powder and vanilla. Roll the dough fairly thin and cut circles with a glass. Put about 1 teaspoon of filling into center of each and fold up into 3-cornered shape. Bake at 400 degrees about 12 minutes until just golden. Can use prune, apricot or cherry filling. Makes about 5 dozen Hamentashen.

Marcia Halbert

MY MOTHER'S HAMANTASCHEN

Dough:

3 c. flour	1 tsp. vanilla
3 eggs	1/4 c. orange juice
1 1/2 tsp. baking powder	3/4 c. sugar
1/2 c. oil	1/2 tsp. salt

Filling:

1 lb. prepared prune filling (lekvar, see below)	1/2 c. chopped nuts (pecans or walnuts)
rind of 1 orange	1 small jar cherry preserves
1 c. white raisins	lemon juice to taste
	sugar to taste

Prepare the filling the day before by mixing all of the above filling ingredients together and storing in refrigerator overnight. My mother cooks her own prunes first but it's really just as good to buy the lekvar in the delicatessen and add the other ingredients to make it interesting.

Dough: Combine flour, salt, baking powder and oil. Separately mix the eggs with a fork, adding sugar and vanilla gradually and orange juice. Combine the 2 mixtures and blend with a fork. Using your hands, form into a ball of dough. Roll out as much dough as you feel comfortable handling at one time to pastry thickness. Cut into discs with open end of a glass (size of your choosing). Place a level tablespoon of filling in the center of each disc. Pinch the sides together to form a closed triangle over the filling (a little open in center). Place Hamantaschen on ungreased baking sheet; bake at 400 degrees about 15 to 20 minutes. Yield depends on size of each Hamantasche, usually about 30.

Sandy Fryer

HAMENTACHEN

Filling:

1 lb. prunes	1/2 c. cherry preserves
1 box raisins	(chopped nuts may be used)

Dough:

3 1/2 c. flour	1 tsp. salt
3 tsp. baking powder	2 eggs
3/4 c. plus 1 Tbsp. sugar	1/2 c. shortening

Cook the prunes. Soak the raisins. Grind the prunes and raisins together. Add the preserves. Mix thoroughly.

Put all of the ingredients for the dough into a bowl and mix well. Add 1/2 cup water and knead on a board; cover 1/2 hour. Cut in half and roll the 2 halves into long strips. Cut off 1 inch long pieces and roll out into circles. Put 1 teaspoon of filling in the center of each circle of dough. Fold up the sides at 3 points, folding toward the center, and pinch where the edges come together to form a triangle. Brush the tops with the white of an egg. Place on a greased cookie sheet and bake for 1/2 hour at 400 degrees.

Phyllis Haas

MOHN COOKIES (Poppy Seed)

4 eggs	3 tsp. baking powder
1 c. sugar	1/2 tsp. baking soda
1 c. oil	4 c. flour, or more
1/4 c. water	2 oz. mohn

Beat up eggs until light; then add sugar, oil, water and mohn. Mix. Add flour. Make dough loose but add flour until it doesn't stick. Roll and cut cookies. Bake at 375 degrees for 15 minutes or until done.

Debbie Seidman

PASSOVER DROP COOKIES

3 eggs	juice of 1 orange
1 c. sugar	rind of 1/2 lemon, optional
1/2 c. oil	1 heaping c. matzo meal

PASSOVER DROP COOKIES (Continued)

Mix ingredients and drop by teaspoon onto greased pan. Bake at 350 degrees until golden.

Joyce Malerman

GREAT-GRANDMOM GOLDSHLACK'S STRUDEL

Dough:

1 egg white	3/4 c. water
1/4 tsp. salt	1/4 c. oil
1 tsp. sugar	4 c. flour

Filling:

1/2 lb. shelled chopped walnuts	3 tsp. cinnamon-sugar mixture
1 (15 oz.) box white raisins	3/4 c. sugar
1 c. crushed corn flakes	1 tsp. lemon peel
	1 (2 lb.) jar strawberry preserves
	1 c. orange marmalade

Add the oil to the water to make 1 cup. Add egg white, salt and sugar; mix thoroughly. Add the 4 cups of flour. Use more flour, if necessary, until the mixture is doughy. Knead a few times. Place in covered greased bowl and leave overnight.

Combine all of the ingredients for the filling and mix well. Take a handful of dough and roll it out paper thin. Sprinkle oil all over the dough. Put filling at the edge all along the dough, approximately 1 inch thick. Roll up jelly roll fashion. Put the roll in an oil-greased cookie sheet. Make indentations with a knife about every inch and a half, but do not cut through. Bake at 350 degrees for 45 minutes until lightly browned. When cool, cut into pieces and sprinkle with powdered sugar.

Fran Seiden

KIMISH BREAD

3 eggs	1 tsp. cinnamon
1 c. oil	1 tsp. vanilla
1 c. sugar	1 c. chopped nuts
1 tsp. baking powder	3 c. sifted flour

KIMISH BREAD (Continued)

Mix eggs first, then add oil and then all dry ingredients. Add flour gradually. Mix nuts through batter. Put in loaf pan. Bake at 350 degrees for 15 minutes. Take out and slice in 1/2 inch slices; put back in oven for another 15 minutes or until it is brown on both sides.

Barbara Satz

KICHLACH - EGG PUFFY COOKIES

1 3/4 c. flour	1 tsp. lemon peel
6 Tbsp. sugar	1 c. Planter's peanut oil
1/2 tsp. salt	6 eggs
	cinnamon-sugar

Place all ingredients except cinnamon-sugar in large bowl of electric mixer. Beat at medium speed for 3 minutes, scraping down sides of bowl occasionally. Drop by teaspoons onto lightly greased baking sheet, leaving about 3 inches between each. Sprinkle with cinnamon-sugar, if desired. Bake in moderate oven, 350 degrees, 15 minutes or until lightly browned.

Debbie Seidman

OLD FASHIONED TEIGLACH

1 c. honey	2 Tbsp. oil
1 c. sugar	2 c. flour
2 tsp. ginger	1/4 tsp. ginger
3 eggs	1/3 c. raisins
2 tsp. sugar	1/4 c. chopped nuts

Beat eggs; add sugar, oil, ginger and flour. Mix together and form soft dough. Add raisins and nuts; mix in. Roll dough with hands into long rope 1 inch thick. Cut into pieces 3/8 inch long. Bring honey and sugar to a boil in a deep pot and turn flame low but keep honey boiling slowly. Carefully drop pieces of dough, one at a time, into the boiling honey. When all are in, cover and cook on low flame for 1/2 hour, before opening lid. Peek to see if the top layer of Teiglach are brown. Turn mixture over very carefully with wooden spoon. Test by breaking one open; it should be crisp and dry inside. Sprinkle 2 teaspoons ginger into mixture and stir carefully. Turn off heat; add 2 teaspoons boiling water and stir again. Quickly remove Teiglach from honey with slotted

spoon, one at a time, and spread on large platter separately. When cool, store like cookies. They keep indefinitely if well hidden.

Sheila Trachtenberg

SANDY FRYER'S SISTER'S MOTHER-IN-LAW'S NOODLE AND CHEESE KUGEL

Kugel:

2 c. (1/4 lb.) hot cooked medium noodles	1/2 pt. sour cream 1/2 tsp. salt 1 c. fine curd cottage cheese (dry flake)
2 Tbsp. soft butter or margarine	1/3 c. milk
2 eggs, well beaten	1 tsp. vanilla
3 Tbsp. sugar	3 oz. cream cheese, optional

Topping:

3/4 c. finely crushed corn flakes	2 Tbsp. melted butter
2 Tbsp. brown sugar	additional sour cream is optional for topping when serving
1 tsp. cinnamon	

Drain noodles; add soft butter and stir until it melts. In separate bowl, beat eggs, sugar, sour cream, salt (and the cream cheese); stir the noodles into this mixture and blend gently. Pour into well-greased round baking dish which can be brought to the table. Bake at 325 degrees 25 minutes.

Meanwhile, combine corn flakes, brown sugar, cinnamon and butter. Take the Kugel from the oven and spread the corn flake mixture evenly over the top. Return to the oven and bake 20 minutes longer. Serve hot from the baking dish.

The recipe makes about 5 very custardy servings.

This recipe can be quadrupled very nicely. For example, use 1 pound of noodles instead of 1/4 pound; 8 table-
spoons butter instead of 2 tablespoons, etc. Do not quadruple the cream cheese; use 8 ounces instead of 3 ounces. Do not quadruple the topping ingredients; this stays the same as it only goes over the top of the baking dish.

Sandy Fryer

SWEET KUGEL

Kugel:

1/2 lb. fine noodles	4 oz. butter
1/2 lb. creamed cottage cheese	1 1/2 tsp. vanilla
1/4 lb. cream cheese	1 1/2 tsp. lemon juice
5 eggs	3/4 c. sugar
	1/2 pt. sour cream

Topping:

4 oz. butter	2 Tbsp. sugar
1/2 c. graham cracker crumbs	2 Tbsp. flour
	2 tsp. cinnamon

Cook and drain the noodles. Mash the cottage cheese, cream cheese, butter and sour cream. Separate the eggs. Add yolks and sugar to the creamed cheese mixture. Add the vanilla and lemon juice to the mixture. Beat the egg whites until stiff; add the noodles to the creamed cheese mixture and fold in the egg whites. Put mixture in large baking dish.

Melt the 4 ounces of butter and add graham cracker crumbs, sugar, flour and cinnamon. Mix well. Spread on top of the Kugel and bake for 1 hour at 350 degrees.

Harriet Rudolph

NOODLE PUDDING

1 lb. egg noodles	2 1/2 tsp. salt
1 pt. sour cream	4 Tbsp. sugar
1 lb. cottage cheese	6 Tbsp. butter, melted
1 c. milk	

Cook the noodles according to the package directions. Drain well. Mix with the other ingredients. Place in greased casserole and top with crushed corn flake crumbs. Dot with butter. Bake for 1 1/2 hours at 325 degrees.

Fran Seiden

NOODLE SOUFFLE

1/4 lb. thin noodles	1/4 lb. cream cheese
4 eggs	1/2 pt. sour cream
1/2 c. sugar	1/4 lb. margarine, melted
1 tsp. vanilla	

NOODLE SOUFFLE (Continued)

Cook the noodles according to the package directions.

- Drain well. Beat the eggs in a blender about 5 minutes; add the sugar to the eggs and continue to beat. Add vanilla, cream cheese (softened), sour cream and margarine. Con-
- tinue to beat until well blended. Put the noodles into bottom of a 2 quart casserole or souffle dish. Pour the mixture over the noodles. Bake 1 hour at 350 degrees.

Lois Schwalb

PINEAPPLE UPSIDE-DOWN KUGEL

- | | |
|--|--|
| ■ 1 (8 oz.) pkg. Kugel
noodles (wide) | 1 (3 oz.) pkg. cream cheese |
| 2 eggs, well beaten | 1/3 c. chopped walnuts |
| ■ 1/2 c. sugar | 2 Tbsp. butter or margarine,
melted |
| 1/2 tsp. vanilla extract | 1/3 c. brown sugar |
| 1 c. sour cream | 1 (1 lb. 4 oz.) can pineapple
slices, drained |
| ■ 1/2 c. creamed cottage
cheese | 10 Maraschino cherries |

- Preheat oven to 375 degrees. Cook noodles according to package directions and then drain. In large bowl, combine eggs, sugar and vanilla; blend well. Add cream cheese, cottage cheese, sour cream and butter; beat very well. Then
- blend in the chopped walnuts. Place the mixture in a well-greased 2 quart baking dish. Sprinkle the brown sugar on the top; arrange the pineapple slices on top and place a cherry in
- the center of the pineapple slices. Bake 45 minutes or until the Kugel is golden brown. Serves 6 to 8.

Joyce Malerman

NOODLE KUGEL

- | | |
|---|--------------------|
| ■ 1 lb. narrow noodles,
cooked and drained | 1/2 pt. sour cream |
| 1 lb. cottage cheese | salt to taste |
| 1/2 lb. cream cheese | sugar to taste |
| ■ 1/2 lb. melted butter | 10 eggs, separated |
| | 2 Tbsp. vanilla |

- Mix all ingredients; add the egg yolks. Fold in the egg whites, stiffly beaten. Put the mixture into well-greased pan. Bake about 1 hour at 350 degrees. You can use any topping you wish, or eat it plain.

Debbie Seidman

MATZOH BALLS

(These are too good to save only for Passover)

1 c. matzoh meal	1 c. boiling water
2 Tbsp. chicken fat	1 egg, slightly beaten
1 tsp. salt	pepper to taste
1/2 tsp. chopped parsley	nutmeg to taste

Pour boiling water over matzoh meal, stirring until absorbed. Add chicken fat; add seasoning to the egg and then mix all together. Cool, then refrigerate for 1 hour or longer. Wet the palms of your hands and roll the dough into walnut-size balls. Boil salted water in a large pot. Drop the Matzoh Balls into the boiling water and boil for 15 minutes, uncovered. Add to the soup. Recipe yields 2 dozen Matzoh Balls.

Sondra Bank

PASSOVER MUFFINS

6 eggs	1 1/2 c. matzo meal
1 3/4 c. water	1/2 tsp. salt

Beat above ingredients very well. Spoon into a 12 cup muffin pan which has been well greased. Bake in a 350 degree oven for 1 hour.

Lois Schwalb

POTATO KUGEL

6 medium white potatoes	1 1/2 tsp. salt
1 large onion	1/4 tsp. white pepper
1 large carrot	2 eggs, beaten
1/4 c. matzo meal	1/4 c. oil

Pare the potatoes, onion and carrot. Put them through a meat grinder, using the fine blade. Add remaining ingredients and mix thoroughly. Pour into well-greased 1 1/2 quart baking dish. Bake at 375 degrees for 1 hour or until the top is brown and crisp at the edges. Serves 6 to 8.

Sondra Bank

VEAL SCALLOPINI FOR PASSOVER

2 lb. veal cutlets, cut thin	1/4 c. peanut oil
1/2 c. cake meal	3 green peppers
1/4 tsp. pepper	1 Tbsp. sugar

VEAL SCALLOPINI FOR PASSOVER (Continued)

- 2 cans tomato and mushroom sauce
- 1/4 tsp. garlic powder
- 1/2 c. water

Cut veal into 2 inch strips. Mix cake meal and pepper in a paper bag. Toss veal in this mixture until well coated. Heat the oil in a large skillet; saute some of the veal until browned on both sides; drain on paper towels. Repeat until all veal is browned, adding more oil if necessary. Pour excess oil out of skillet. Cut each pepper into 12 pieces, after removing seeds. In the skillet, combine the tomato and mushroom sauce, sugar, garlic powder and water. Add veal and peppers. Bring to a boil, reduce heat, cover and simmer 30 minutes or until tender, stirring gently occasionally. Add salt, if desired. Serves 4 to 6.

Sondra Bank

CHICKEN A LA PRINCESS ON POTATO LATKES

- 3 Tbsp. chicken fat or pareve margarine
- 1 Tbsp. potato starch
- 1 Tbsp. cold water
- 1/2 c. diced green pepper
- 1 can condensed clear chicken soup
- 1/2 c. chopped onion
- 1 (6 oz.) pkg. potato pancake mix
- 1 c. sliced mushrooms
- 2 1/4 c. water
- 3 c. diced, cooked chicken or turkey
- 2 eggs

Saute green pepper, onion and mushrooms in the fat until tender, but not browned. Add diced chicken or turkey. Combine potato starch with the water; gradually stir in the chicken soup. Add this mixture to chicken mixture; then stir and cook over low heat until sauce is thickened. Season to taste. Make potato pancakes as directed on package. Top them with Chicken a la Princess. Serves 6.

Sondra Bank

MATZOH FARFEL STUFFING

- 3 Tbsp. fat
- 1 tsp. salt
- 1/2 c. chopped onion
- 1/4 tsp. pepper
- 1/2 c. chopped celery
- 1 Tbsp. parsley
- 3 c. matzoh farfel
- 1/2 tsp. ground ginger
- 1/2 c. water
- 1 egg, beaten

MATZOH FARFEL STUFFING (Continued)

Melt the fat in a frying pan over medium heat; add the chopped onion and celery. Cook and stir for 5 minutes. Mix matzoh farfel and water, then add the mixture to the cooked vegetables. Season this mixture with the salt, pepper, parsley and ground ginger. Cook and stir for 5 minutes. Remove the pan from the heat and add a little of the mixture to the beaten egg. Stir well and then blend the 2 mixtures. Cool and then fill fowl. This recipe yields enough to stuff a 5 pound chicken.

Gladys Weisbord

BASIC MATZO STUFFING

3/4 c. vegetable short- ening or chicken fat	1 Tbsp. paprika
3/4 c. minced onion	1 egg
10 matzos, finely broken, or 7 c. matzo farfel	1 1/2 cans (2 c.) condensed clear chicken soup, undiluted (for dry dressing); may be increased to 2 cans of soup
1 tsp. salt	
1/4 tsp. pepper	

Saute onion in fat until tender, but not browned. Add broken matzos and toast lightly. Combine seasonings, egg and soup. Add to matzo mixture. Enough for 10-12 pound bird.

Celery Stuffing: Saute 1 cup diced celery with onion.

Mushroom Stuffing: Saute 1 cup diced fresh mushrooms with onion.

Nut Stuffing: Toast 1 1/2 cups coarsely chopped nuts with onion before adding matzo crumbs.

Giblet Stuffing: Cook giblets in water until tender, 2 to 3 hours. Mince and add to dressing.

Fruit Stuffing: Add:

1 jar stewed prunes, drained, pitted and chopped	2 c. pared, diced apples 1/2 c. raisins
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Sondra Bank

PASSOVER WINE CAKE

12 eggs, separated	1 c. cake meal
2 c. sugar	1/2 c. potato starch
1 c. ground nuts	1/2 c. wine

PASSOVER WINE CAKE (Continued)

1/2 lemon, juice and rind 1/2 tsp. salt

Beat egg yolks and 2 egg whites until light and fluffy. Add the sugar gradually. Beat well. Add the wine. Fold in nuts and cake meal. Beat the remaining whites until they are stiff but not dry. Fold into the yolk mixture. Turn into an ungreased 12 inch tube pan. Bake at 350 degrees for 1 hour and 15 minutes. Invert to cool.

Joyce Malerman

AUNT BETTY'S PASSOVER BANANA NUT CAKE

9 eggs, separated	1 tsp. cinnamon
1 c. sugar	1 banana, mashed
1/2 c. potato starch	juice and rind of 1 lemon
1/2 c. cake meal	1 c. chopped nuts
1/8 tsp. salt	

Beat egg whites until stiff. Add sugar gradually, beating constantly. Slowly add the egg yolks and beat well. Add the lemon, mashed banana and continue to beat well. Sift together the cake meal, potato starch, salt and cinnamon. Fold into the mixture. Add the nuts. Bake in deep ring mold pan for 50 to 60 minutes at 325 degrees. Remove from oven and cool on a cake rack.

Note: Line the bottom of the ring mold pan with waxed paper. When the cake has cooled, run a knife around the edge of the pan. The cake will come out easily.

Joyce Malerman

PASSOVER MACAROONS

2 egg whites	1 tsp. vanilla
1/2 c. sugar	pinch salt
4 oz. shredded coconut	

Beat egg whites until soft peaks form. Add sugar and beat until the egg whites are stiff. Fold in coconut, vanilla and pinch of salt. Drop by teaspoon onto a greased cookie sheet. Bake in a 350 degree oven for about 18 minutes.

Joyce Malerman

PARVE PASSOVER BROWNIES

1/2 c. oil	1/2 c. potato starch
2 c. sugar	1/2 c. cocoa
4 eggs	1/4 c. hot coffee
1/2 c. cake flour	1/4 c. orange juice

Cream oil, sugar and eggs. Sift the flour and potato starch 3 times. Add the cocoa and sift again. Combine the coffee and orange juice. Add 1/3 of dry ingredients to the creamed ingredients; mix well. Then add 1/3 of the liquid to the mixture and mix well. Repeat these steps 2 more times until all of the dry ingredients and all of the liquid ingredients have been incorporated into the creamed ingredients. Pour into a greased jelly roll pan. Bake at 350 degrees for 30 to 35 minutes. Cut while warm.

Joyce Malerman

PASSOVER COOKIES

2 c. matzo meal	1 c. chopped walnuts
1 1/2 c. sugar	1/4 tsp. salt
3/4 c. raisins	4 eggs
1 tsp. cinnamon	2/3 c. oil
2 c. farfel	1 1/2 tsp. vanilla

Beat the eggs until fluffy; add oil and vanilla. Mix with all of the other ingredients. Drop by teaspoon onto greased cookie sheet. Bake at 350 degrees for 20 to 25 minutes.

Joyce Malerman

PASSOVER JELLY ROLL

4 eggs, separated	2 tsp. potato starch
2/3 c. sugar	1/2 c. matzo meal flour

Beat yolks with 1/3 cup sugar until they are thick. Whip egg whites with pinch of salt and other 1/3 cup of sugar. Fold the yolk mixture into the egg whites with a rubber spatula. Gently sift the potato starch and matzo flour. Fold this into the egg mixture. Line the bottom of a jelly roll pan with waxed paper. Turn the batter into the pan. Bake 15 minutes at 375 degrees. Sprinkle sugar onto a towel. Invert the cake onto the towel. Peel off paper at once and roll; cool. Unroll and spread with your favorite jelly or preserves. Re-roll.

Joyce Malerman

LEMON FILLED PASSOVER PUFFS

Cream Puffs:

1 c. cold water	1/2 tsp. salt
1/2 c. oil	1 c. cake meal
pinch sugar	4 eggs

Lemon Filling:

2 eggs, beaten well	juice and rind of 1 lemon
1/2 c. sugar	1 Tbsp. potato starch
1 Tbsp. oil or melted butter	1 c. water

Boil the water, oil, sugar and salt together. As the ingredients boil, add the cake meal. Beat the eggs into the mixture, one at a time. Drop by tablespoon onto a greased cookie sheet. Bake at 450 degrees for 15 minutes, then at 325 degrees for 20 minutes. Makes 18 to 20 puffs.

Cook all of the Lemon Filling ingredients together until thickened. When the puffs are cool, split and fill.

Marcia Halbert

** EXTRA RECIPE **

Write Extra Recipes Here

CALORIE COUNTERS

BEVERAGES

Carbonated Water		xxx c.
Coffee, black, unsweetened		xxx c.
Cocoa, All Milk	1 cup	230 c.
Cola Beverages	1 sm. glass	100 c.
Lemonade	1 sm. glass	75 c.
Tea, plain, unsweetened	1 cup	xxx c.

BREADS, CRACKERS, ROLLS, ETC.

Gluten Bread	1 slice	30 c.
Raisin Bread	1 slice	100 c.
Rye Bread	1 slice	70 c.
Enriched White Bread	1 slice	65 c.
Melba Toast	1 slice	25 c.
Whole Wheat Bread	1 slice	75 c.
Baking Powder Biscuits	1 large or 2 small	100 c.
Saltines	1 double	40 c.
Soda Crackers	1	25 c.
Bran Muffin	1	50 c.
Corn Bread	1 small square	130 c.
French Hard Roll	1 small	80 c.
French Toast	1 slice	130 c.
Gingerbread	1 slice	150 c.

CANDIES

Chocolate Bar - Nut	1	400 c.
Chocolate Bar - Plain	1	350 c.
Chocolate Cream	1	100 c.
Mints	5 very small	7 c.
Popcorn, Plain	1 cup	65 c.
English Toffee	1	25 c.

CEREALS

Corn Flakes	1 cup	132 c.
Cream of Wheat	3/4 c.	100 c.
Oatmeal	3/4 c.	100 c.
Shredded Wheat, biscuit	1	100 c.

DAIRY PRODUCTS AND EGGS

Butter	1 level Tbsp.	100 c.
American Cheese	1 cube 1 1/8 inch	100 c.
Cream	1 Tbsp.	30 c.
Cream, whipped	1 Tbsp., heaping	50 c.
Eggs, boiled	1 average	70 c.
Eggs, fried	1 with 1 tsp. butter	110 c.
Egg White	1	14 c.
Egg Yolk	1	56 c.
Buttermilk	1 c.	88 c.
Whole Milk	1 cup	170 c.
Oleomargarine	1 level Tbsp.	100 c.

DESSERTS

Angel Food Cake with Icing	average slice	150 c.
Chocolate Cake - 2 layers	average slice	350 c.
Cup Cake, plain	1	100 c.
Fruit Cake	average slice	350 c.
Shortcake, with fruit	average slice	300 c.
Chocolate Cookie	1	125 c.
Ice Box Cookie	1	150 c.
Chocolate Ice Cream	1/2 cup	250 c.
Sodas - all flavors	1 glass	350 c.
Vanilla Ice Cream	1/2 cup	100 c.
Lemon Ice	1/2 cup	110 c.
Chocolate Eclair	1 small	150 c.
Cream Puffs	1	250 c.
Apple Pie	1/6 of pie	350 c.
Berry Pie - all kinds	1/6 of pie	350 c.
Custard Pie	1/6 of pie	150 c.
Pumpkin Pie	1/6 of pie	150 c.
Bread Pudding	1/2 cup	150 c.
Jello - all flavors	1 cup	75 c.
Tapioca Pudding	1/2 cup	200 c.

FISH

Haddock	average helping	100 c.
Halibut	average helping	115 c.
Perch	3 medium	80 c.
Salmon (canned)	1/2 cup	100 c.
Salmon (fresh)	1 slice	100 c.
Trout (brook)	2	75 c.
Tuna (canned)	1/2 cup without oil	100 c.

FLOUR FOODS

Dumplings	1	100 c.
Macaroni and Cheese	3/4 cup	280 c.
Noodles (cooked)	1/2 cup	60 c.
Pancakes	1	100 c.
Waffles	1	225 c.

FOWL

Chicken (fried)	1 small thigh or leg	150 c.
Chicken (fried)	1 piece breast	150 c.
Turkey (roast)	1 slice white meat	100 c.
Turkey (roast)	1 slice dark meat	125 c.

FRUIT

Apple (raw)	1 large	100 c.
Banana	1 medium	100 c.
Cantaloupe	1/2 - 5 inches diameter	50 c.
Cranberries (sauce)	1/2 cup	100 c.
Dates	3 to 4	100 c.
Grapefruit (unsweetened)	1/2	100 c.
Oranges	1 average	80 c.

MEAT

Hamburger	1 patty	200 c.
Beef Roast	1 slice	100 c.
Round Steak (lean)	1 piece	100 c.
Meat Loaf	1 slice	150 c.
Frankfurter	1 small	100 c.

SALADS (Without Dressing)

Cabbage, celery, pineapple	average helping	70 c.
Cabbage Slaw	average helping	35 c.
Fruit Gelatin	average helping	110 c.
Potato	average helping	220 c.
Tomato and Lettuce	average helping	35 c.
Waldorf	average helping	100 c.

SALAD DRESSINGS

Boiled Dressing	1 Tbsp.	50 c.
Cream Dressing	1 Tbsp.	50 c.
French Dressing	1 Tbsp.	75 c.
Mayonnaise	1 Tbsp.	100 c.
Thousand Island	1 Tbsp.	175 c.

SOUPS AND CONSOMMES

Bean (Navy)	1 cup	200 c.
Bouillon	1 cup	25 c.
Chicken with Rice	1 cup	100 c.
Potato	1 cup	275 c.
Tomato (clear)	1 cup	50 c.
Vegetable	1 cup	100 c.

VEGETABLES

Asparagus (canned)	6 stalks	50 c.
Beans (baked)	1/2 cup	300 c.
String Beans	1 cup	25 c.
Beets (cooked)	1/2 cup	45 c.
Cabbage (raw)	1 cup	25 c.
Cabbage (cooked)	1 cup	25 c.
Carrots (cooked)	1/2 cup	35 c.
Carrots (fresh)	1 cup	50 c.
Corn (on cob)	1 ear	60 c.
Lettuce	1 large head	50 c.
Peas (canned)	1/2 cup	55 c.
Potatoes (french fried)	4 pieces	100 c.
Potatoes (mashed)	1/2 cup	100 c.
Sweet Potatoes	1 small	150 c.
Radishes	5	15 c.
Sauerkraut	1 cup	40 c.
Spinach	1 cup	40 c.
Tomatoes (raw)	1	35 c.
Tomatoes (stewed)	1/2 cup	65 c.

SUGARS

Beet	1 tsp.	25 c.
Brown	1 tsp.	17 c.
Cane (granulated)	1 tsp.	25 c.
Powdered.	1 Tbsp.	35 c.

JUICES

Grape Juice	1/2 cup	70 c.
Grapefruit Juice	1 cup unsweetened	100 c.
Orange Juice	1/2 cup	55 c.
Pineapple Juice	1/2 cup	65 c.
Tomato Juice	1/2 cup	25 c.

NUTS

Almonds (salted)	10	100 c.
Cashew	4 to 5	100 c.
Coconut (shredded)	3 Tbsp.	100 c.
Peanuts (salted)	18	100 c.
Pecans	12	100 c.
Walnuts	10	100 c.

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INDEX OF RECIPES

Page

HORS D'OEUVRES, PARTY AND T. V. SNACKS

Escargots a la Bourguignonne	1
Oysters Rockefeller	1
Marinated Shrimp	1
Sesame Scallops	2
Spicy Deep Fried Shrimp	2
Polynesian Shrimp	2
Baked Crab Dip for Ten	3
Crab Dip	3
Hot Cheese and Crab Dip	3
Hot Cheese Dip	4
Hot Cheese Balls	4
Cream Cheese Ball	4
Cheddar Cheese Ball	5
Liptauer with Accompaniments	5
Cheese Puffs	5
Parmesan Squares	6
Aunt Ida's Chopped Herring	6
Shrimp-Stuffed Eggs	6
Aunt Norma's Gefilte Fish	7
Cheese and Onion Quiche	8
Quiche Lorraine	8
Chopped Chicken Livers	8
Chopped Chicken Livers	9
Chicken Liver Pate	9
Eggs and Caviar	10
Egg Salad Mold	10
Lois' Tomato Delights	10
Potato Knishes	11
Cheese and Mushroom Canapes	11
Baby Pizzas	11
Eggplant Relish	12
Quick Party Pizza	12

BEVERAGES, SANDWICHES

Super-Super Rum Punch	13
Sangria	13
Frozen Strawberry Daiquiris	13
Egg Nog Punch	14
Spiked Punch	14

Bourbon Punch	14
Mexican Hot Chocolate	15

SOUPS, SALADS

Chinese Egg Drop Soup	17
Velvet Soup	17
Chicken Pea Soup	17
Chicken Soup	17
Fresh Mushroom Soup	18
Potage Paysanne	18
Sylvia Manulkin's Vegetable Soup	19
Old Fashioned Vegetable Soup	19
Minestrone	20
Cold Beet Borscht	20
My Mother's Cabbage Borscht	21
Wontons	21
Onion Soup, Gratinee	22
Easy French Onion Soup as Frommage	22
Armenian Vegetable Salad	23
Cold Bean Salad	23
Potato Salad	24
Cole Slaw	24
Aunt Mitzi's Lamaze Sauce	24
Italian Salad Dressing	24
Green Goddess Salad and Dressing	25
Vinaigrette Salad Dressing	25
Caesar Salad	26
Cucumber Mold	26
King Crab Salad	26
Tossed Salad in Yogurt Dressing	27
Greek Salad	27
Aunt Mitzi's Cold Marinated Mushroom Salad	28
Salade Nicoise	28
Cucumbers in Sour Cream	29
Guacamole	30

ROLLS - BREADS

Homemade White Bread	31
French Bread	31
Petite Brioche	31

Carrot Walnut Bread	33
Crescent Rolls with Cream Cheese	33
Braided Challah	34
Water Bagels	35
Easy Popovers	35

MEATS, POULTRY

Easy Sweet and Sour Meat Balls	37
Quick Sweet and Sour Meat Balls	37
Meat Balls	37
London Broil-Teriyaki	37
Savory Rice-Stuffed Flank Steak	38
London Broil	38
Beef Shashlik	39
Hungarian Beef Goulash	39
Beef Stroganoff	40
Beef Burgundy	40
Beef Fondue and Sauces	41
Deviled Steak	41
Steak Au Poivre a la Creme	42
Steak with Wine Sauce	43
Steak Diane	43
Tenderloin Deluxe	43
Lobster Stuffed Tenderloin of Beef	44
Beef Roulade	44
Sukiyaki	45
Pepper Steak	46
Pepper Steak	46
Pepper Steak	46
Roast Beef Au Jus	47
Paige's Favorite Pot Roast	47
Herbal Mustard Coated Boneless Leg of Lamb	48
Gourmet Leg of Lamb	48
Shish Kebob	49
Lamb Creole	49
Marinated Liver with Red Wine Sauce	50
Calves Liver Veneziano	50
Chicken Livers and Onions in a Clay Pot	51
Blanquette De Veau	52
Veal Cordon Bleu	53
Veal Scallopini a la Marsala	53
Aunt Mitzi's Veal Roll-Ups	54

Easy Veal Parmigiana	54
Sadie's Chicken Salad	54
Chicken Marengo	55
Chicken Continental	55
Chicken Tetrizzini	56
Barbecued Chicken	56
Chicken a la Dulcie	57
Crepes with Chicken and Mushrooms	57
Sesame Chicken	57
Chicken with Mushrooms in Wine Sauce	58
Breasts of Chicken with Wine	58
Chicken and Dumplings	59
Chicken Celeste	59
Sesame Chicken-Oven Fried	60
Stuffing for Poultry	60
Cheryl's Apricot Glazed Chicken	60
Chicken Jubilee	61
California Chicken	61
Chicken Breasts Valdostana	61
Chicken Breasts a la Parmigiana	62
Chicken Parmesan	62
Turkey Cashew Casserole	63
Holiday Turketti	63
Filling for Chicken	64
Shangri La Duck	64
Duck a la Orange	65

LOW CALORIE RECIPES

Cottage Cheese Dip	67
Quiche Lorraine	67
Low Calorie Gazpacho	68
Shrimp and Green Peas	68
Sole Bonne Femme	68
Linguine with Clam and Tomato Sauce	69
Fish in Foil	69
Crab Coquilles	70
Salmon Mold	70
Calves Liver and Mushrooms	71
Lo Mein	71
Brochette of Chicken Livers	72
Bifteck Marchand de Vins	72
Boeuf a la Mode	73

Bechamel Sauce	74
Main Course Crepes	74
Sweet and Pungent Squabs	75
Poulet Au Porto	75
Veal in the Manner of Restaurant Lasserre	76
Stuffed Breast of Veal	77
Low Calorie Eggplant Parmigiana	78
Zucchini with Poppy Seed	78
Low-Calorie Squash	79
Crepes Souffles Vert Galant	79
Instant Applesauce	80
Chocolate Mousse-Made in the Blender	80
Fruits in Port Wine	80
Flaming Pineapple and Strawberry Glace	81
Diet Cheese Cake	81
Mocha Cream	82
Fruit Supreme	82
Peaches and Cheese Dessert	83
Fruit Juice Whip	83

CASSEROLES, ONE DISH MEALS

Chicken Cacciatore	85
Mama Leone's Manicotti	85
Clam Sauce for Spaghetti	86
Lasagne-Meat and Cheese	86
Spaghetti Sauce	86
Sylvia Manulkin's Spaghetti Sauce	87
Cheese Strata	87
Puffy Egg and Cheese Pie	88
Peas and Pasta	88
Pizza Hamburger	88
Cheese Souffle	89
Chili Con Carne	89
Gateau De Crepes a la Florentine	90
Tuna Casserole	91
Tuna Hawaiian	91
Creamette Cheese Bake	92

SEAFOODS

Baked Flounder Supreme	93
----------------------------------	----

	Page
Stuffed Flounder	93
Fillet of Flounder Valenciennes	93
Fillet of Flounder en Papillote	94
Flounder Almondine	94
Baked Whole Shad	95
Tuna Casserole	95
Fillets of Sole Duglere	96
Shrimp with Barbecue Sauce	97
Shrimp Stuffed Tomatoes	97
Homemade Shrimp Chow Mein	98
Shrimp Egg Foo Yong	98
Scampi	99
Shrimp and Shells for Six	99
Crepes of Shrimp Diable	100
Shrimp Baratin	100
Crabmeat in Shells	101
King Crab Brunch Eggs	101
Crabmeat Casserole	101
Hot Crab Souffle Sandwich	102
Stuffed Lobster Tails	102
Lobster Fra Diavolo	103
Lobster Newburg	103
Lobster Cantonese	104
Salmon Puffs	104
Hot Seafood Appetizer	105
Fish Mousse	105
Stuffed Turbans of Fish	105
Seafood Crepes	106
Joyce's Crab Imperial	107
Coquilles St. Jacques a la Provencale	108

VEGETABLES, MISCELLANEOUS

Cheesy Asparagus	111
Special Baked Beans	111
Butter Cooked Carrots	111
Company Cauliflower	112
Cauliflower with Shrimp Sauce	112
Creamy Corn Scallop	112
Corn Fritters	112
Crepes with Herbs	113
Fettuchini	113
Crepes with Asparagus in Mornay Sauce	114

Green Noodles with Garlic	115
Curried Fruit	115
Gnocchi	115
Electric-Blender Hollandaise Sauce	116
Creamed Onions and Peas	116
Rice Casserole	117
Orange Rice	117
Hearty Rice	117
Fried Rice	117
Spinach Casserole	118
Spinach Mornay	118
Easy Creamed Spinach	119
Green Bean and Bean Sprout Casserole	119
Green Bean Casserole	119
Green Beans Amandine	120
Gourmet String Beans	120
String Bean Casserole	120
Sweet Potato Balls	121
Brandied Sweet Potatoes	121
Marinated Vegetables	122
Marsha's Chinese Vegetables	122
Zucchini with Tomatoes and Onions	122
Italian Potato Souffle	123
Vegetable-Cheese Bake	123
Oven-Crisped Eggplant	123
Mushroom and Egg Barley Casserole	124
Mushrooms Paprika	124
Butternut Squash	124
Carrot Quiche	125
Potatoes on Half Shell	125
Spinach and Rice	126
Jansson's Temptation	126
Mushroom-Stuffed Baked Tomatoes	126
Broccoli Souffle	127
Baked Stuffed Zucchini	127
Fried Rice with Almonds and Mushrooms	128

CANDIES, COOKIES

Icebox Cookies	129
Sour Cream Cookies	129
Forgotten Cookies	129
Walnut Fudge Brownies	130

Pecan Balls	130
Sandbakkelse	131
Dutch Almond Cookies	131
Banana Nut Cookies	131
Toasted-Almond Fingers	132
Italian Cookies	132
Lemonade Cookies	133
Sesame Seed Refrigerator Cookies	133
Anise Cookies	133
Mrs. Nixon's Walnut Clusters	134
Brown Edge Vanilla Wafers	134
Mrs. John Kennedy's Hazelnut Meringues	135
Super Simple Strudel	135
Carolyn's Hungarian Fruit Squares	136
Sour Cream Chocolate Cookies	136
My Mother's Golden Roll-Ups	137
Lemon Bars	137

PIES - PASTRIES - DESSERTS

Party Champagne Mold	139
Apricot Jello Mold	139
Strawberry and Sour Cream Mold.	140
Daiquiri Peach Bavarian	140
Chocolate Pecan Mold	141
Icebox Cake	141
Icebox Cake	142
Chocolate Ice Cream Mold.	142
Easy Chocolate Chip Ice Cream	143
Aunt Norma's Strawberry Whipped Cream Roll	143
Ice Cream Cake	143
Aunt Norma's Chocolate Ice Cream Cake Roll	144
Sauce Matinique	144
Grand Marnier Sauce for Fruit	145
Petits Pots de Creme au Chocolat	145
Crepes Suzettes	146
April Food Cake	147
Lynn Cavo's Buttermilk Cobbler	148
Orange and Lemon Ice	148
Frozen Raspberry Squares	149
Susan's Russian Creme	149
Sour Lemon Eggs	149
Cherries Jubilee	150

Molded Caramel Custard	150
Lemon Souffle	151
Chocolate Cinnamon Souffle	152
Frozen Peaches and Cream Mousse	152
Frozen Strawberry or Raspberry Mousse	153
Chocolat Mousse	153
Easy Mousse Au Chocolat	153
Pineapple Romanoff	154
Ice Cream Pie	154
Brandy Alexander Pie	155
Coffee Chiffon Pie	155
Pecan Pie	156
Pecan Pie	156
Emerald Creme Pie	157
Apple Pie	157
Chocolate Pudding Pie	158
Mocha Chiffon Pie	158
Cream Cheese Pie	158
Cream Cheese Pie	159
Cheese Cake	159
Sundae Alaska Pie	160
Chocolate-Pineapple Cheese Pie	160

CAKES - FROSTINGS

Easy Cheese Cake	161
Cheese Cake	161
Lindy's Cheese Cake	162
Cheese Cake	162
Cherry Cheese Cake	163
Little Coffee Cakes	163
Light Chiffon Cake	163
World's Best Cinnamon Buns	164
Chocolate Chip Cake	165
Bourbon Cake	165
Sour Cream Chocolate Cake	165
Ravanie	166
Sour Cream Party Coffee Cake	167
Sour Cream Coffee Cake	167
Sour Cream Coffee Cake	168
Sour Cream Chocolate Cake	168
Swedish Tosca Cake	169
Super Rich Fudge Cake	169

Chocolate Mayonnaise Cake	170
Red Velvet Cake	170
Sadie's Quick Chocolate Cake	171
Chocolate Icing	171
Mother Erlichman's Chocolate Cake	171
Chocolate Chip Cake	171
Chocolate Cream Cheese Icing	172
Chocolate Chip Cake	172
Sour Cream Banana Cake	172
Pineapple Upside-Down Cake	173
Fruit Filled Crumb Cake	174
Fresh Apple Cake	174
Jewish Apple Cake	175
Chocolate-Banana Cake	175
Boiled Milk Cake	175
One Bowl Pound Cake	176
Pound Cake	176
Carrol's Coconut Cream Cheese Frosting	176

ROSH HASHONAH, PURIM AND OTHER HOLIDAY RECIPES

Aunt Leah's Knishes	177
Easy Cheese Kreplach	177
Anna's Easy Cheese Knishes	178
Hamentashen Dough	178
My Mother's Hamantaschen	179
Hamentachen	180
Mohn Cookies	180
Passover Drop Cookies	180
Great-Grandmom Goldshlack's Strudel	181
Kimish Bread	181
Kichlach-Egg Puffy Cookies	182
Old Fashioned Teiglach	182
Sandy Fryer's Sister's Mother-In-Law's Noodle and Cheese Kugel	183
Sweet Kugel	184
Noodle Pudding	184
Noodle Souffle	184
Pineapple Upside-Down Kugel	185
Noodle Kugel	185
Matzoh Balls	186
Passover Muffins	186
Potato Kugel	186

Veal Scallopini for Passover	186
Chicken a la Princess on Potato Latkes	187
Matzoh Farfel Stuffing	187
Basic Matzo Stuffing	188
Passover Wine Cake	188
Aunt Betty's Passover Banana Nut Cake	189
Passover Macaroons	189
Parve Passover Brownies	190
Passover Cookies	190
Passover Jelly Roll	190
Lemon Filled Passover Puffs	191

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